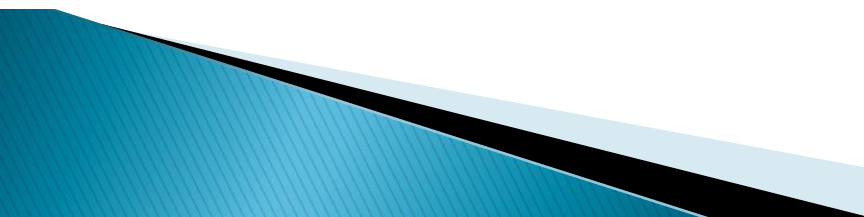


EATING HABITS

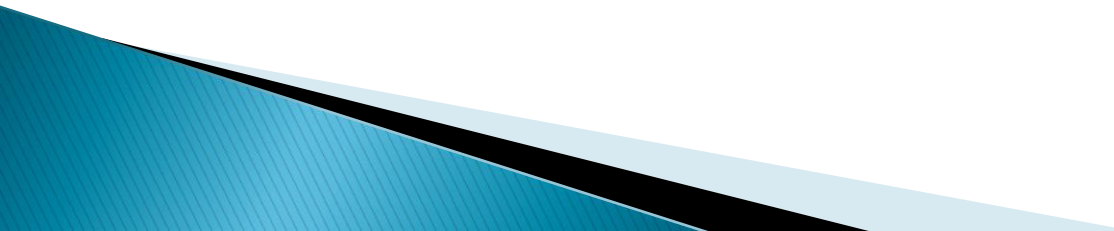
Eating Habits

The term *eating habits* (or *food habits*) refers to why and how people eat, which foods they eat, and with whom they eat, as well as the ways people obtain, store, use, and discard food. Individual, social, cultural, religious, economic, environmental, and political factors all influence people's eating habits.

Eating Habits

- Families eating patterns in today's society are based on lifestyle choices. Meal dining for many family members consist eating on the run, in front of the TV, or in their car.
 - Grains like breads and cereals will provide extra energy. Athletics need this type of meal before competition events.
 - Selecting foods items at a FAST FOOD RESTAURANT one needs to select low-fat menu items.
- 


Types Of Eating

- ▶ Emotional eater
 - ▶ Habitual eater
 - ▶ External eater
 - ▶ Critical eater
 - ▶ Sensual eater
 - ▶ Energy eater
- 

The Factors That Influence Our Food Choices



1. Major determinants of food choice

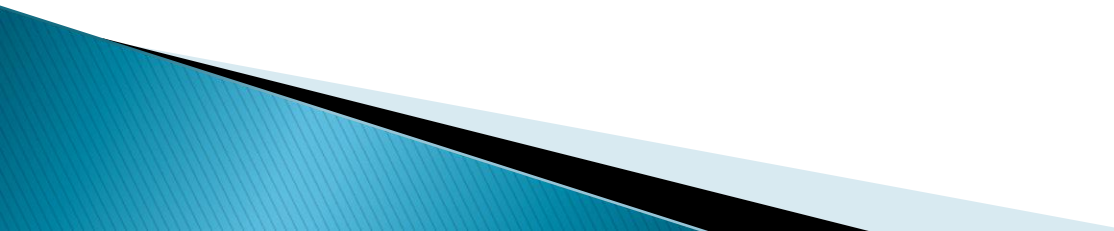
- ▶ Biological determinants such as hunger, appetite, and taste
 - ▶ Economic determinants such as cost, income, availability
 - ▶ Physical determinants such as access, education, skills (e.g. cooking) and time
 - ▶ Social determinants such as culture, family, peers and meal patterns
 - ▶ Psychological determinants such as mood, stress and guilt
 - ▶ Attitudes, beliefs and knowledge about food.
- 

2. Eating disorders

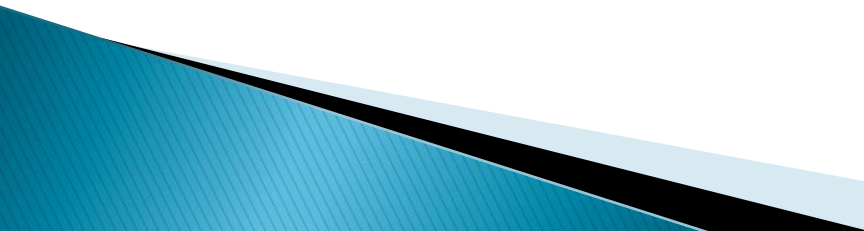
3. Consumer attitudes, beliefs,
knowledge and optimistic bias

4. Barriers to dietary and lifestyle
change

6. Changing food behaviour: successful
interventions



Models for changing behaviour

- ▶ The Health Belief Model (HBM) and the Protection Motivation Theory
 - ▶ The Theory of Reasoned Action (TRA) and the Theory of Planned Behaviour (TPB)
 1. Attitudes
 2. perception of social pressure to perform the behaviour
 3. Perceived control over the behaviour.
- 



GOOD
EATING
HABITS

- Always eat breakfast
- Eat your fruit and vegetable
- Walk for 10,000 steps or exercise for an hour each day
- Sit down at the table to eat
- Always carry a protein-rich snack with you
- Have a green tea after meals
- Always carry a water bottle
- Always eat carbohydrates and proteins together
- Choose wholegrain, low-GI bread and breakfast cereal