



IUNS  
INTERNATIONAL UNION  
OF NUTRITIONAL SCIENCES



ARBEITSGEMEINSCHAFT  
ERNÄHRUNGSVERHALTEN



BUNDESFORSCHUNGSANSTALT  
FÜR ERNÄHRUNG

IUNS-AGEV-BFE-Workshop  
Freising-Munich (21&22.10.1995)

Organizer:  
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**Summary Report of IUNS-AGEV-BFE-Workshop "Impact of Changing Food Choice and Habits on Nutritional Status in European Countries"** (held in Freising-Munich 21. and 22. October 1995)

Introduction.

The recently established IUNS Committee II/2 "Nutrition and Food Choice" has the general task: "To review the impact of changing food choice and habits on nutritional status".

The background is that there are many relations between food habits and health. Many attempts to make people adopt healthier food choices and eating habits have failed so far. The behavior and motivation of people who improved their diets are largely unexplored. Little attention has been paid only to the end of the chain of nutrition research, i.e. how to improve one's diet and nutrition. Answers to the questions "how" to achieve such improvements, and even what improvements are needed are often culture- or site-specific and involve economic, political, administrative, cultural, interpersonal and cognitive aspects.

European experts in the multidisciplinary field of food habit research were invited to meet at a workshop to specify the IUNS committee's tasks for Europe. This activity was partly supported by a grant from The European Commission (FAIR-CT95-4801).

Plan of the Workshop.

In the invitation of the Workshop (see Appendix 1), the following tasks were given to the participants:

- 1) To review the current status of research among the disciplines on food habits, food choice and eating patterns in the different countries and regions (giving definitions of food habits, meal, meal patterns and eating patterns etc.).
- 2) To provide information on national activities that aim to change food habits.
- 3) To describe the position of research on food habits within nutrition research (including academic training), in the national Nutrition Society and in nutrition policy.
- 4) To identify priority areas for food habit research in general and for joint European research projects.

30 European researchers on food habits participated in the Workshop (Appendix 2: List of participants). The research workers came from a wide range of disciplines (anthropology, ethnology, economics, history, marketing, nutrition, medicine, psychology, sociology etc.); they came from academic, governmental and commercial institutions. Eleven European countries were represented, but the eastern Europe was underrepresented (only Poland); because the Workshop topic was Europe, no other regions of the world were represented.

It was intended that the participants presented their informations in two ways:

- a) written papers (copies distributed to the participants) (Note: the special folder with the papers is not included in this report; but can be requested)  
(Appendix 3: List of distributed papers)
- b) Oral presentation in 5 sessions  
(Appendix 4: Time Schedule)

### Results of the Workshop.

#### Session 1 and 2.

There were short presentations of information on Task 1 (current status of research on food habits, food choice and eating patterns in the different countries) from the papers of most of the participants (s. Appendix 3). In the evening it was felt, that there was not enough time for discussion and further oral presentation of the papers was dispensed, since most of the informations on Tasks 2 and 3 was in the written reports. Instead it was agreed to devote all the sessions on Sunday to discussion on Task 4 (identifying priority areas of food habit research).

#### Sessions 3 to 5.

##### **A. Research Topics**

Since food habit research is still an underrepresented research area in all European countries, there were many topics identified which need to be investigated.

The following list, which seems to be relevant for all European countries, was accumulated without setting priorities:

- eating pattern (eating structure, temporal structure of food intake; meal pattern and snacking); basic research is necessary; better methods of identifying patterns;
- relationship between eating patterns and health and nutritional status;
- context of eating - the family, gender, paid work, culture;
- social role of food and of health; influence of demographic changes, e.g. changes in household sizes and stability;
- role of changes; transforming countries in eastern Europe; changes in eating technology and communication media;
- role of time factors; time budget of consumers; eating rhythm
  - distribution of energy/nutrient intake over the day (nothing is known about the best distribution for health, likely to be related to eating pattern (first two topics);

- cognitions and emotions related to food (habits), food technology (processing), food-related health (also related to body weight control); values, beliefs, motives, intentions, preferences, emotions regarding food choices;
- role of food in everyday life; role of international culture; role of education and scientific information; influences on eating habits by public authorities.

## **B. Research Target Groups.**

Food habit research should not generalise over the whole population but focus relevant groups. Some identified during discussion at the Workshop were:

- underprivileged groups and minorities (these groups are highly "underresearched" and we do not know how their way of life affects their health;
- older people;
- single person households; small households with changing family structures; eating context, household activities related to gender;
- people who successfully lost weight: we do need to know more about people who are able to control their weight;
- cross-cultural comparisons; comparisons between similar groups in different European countries (e.g. small households).

## **C. Research Methodology.**

Methods in food habit research must be appropriate to the problem and controlled in quality. During the discussion the following methodological issues were identified:

- need for truly longitudinal studies (repeated measures of same persons, distinguish biography from social changes, etc.; less need for representative sampling);
- more qualitative research methods (construct/verbal analyses; observational designs; biographic methods);
- need for intervention research (education/communication); process and outcome evaluation (including ethical aspects);
- methods for assessment of eating patterns;
- improvement of interdisciplinary research methods (e.g. in methodology of surveys);
- re-analysing existing data on food choice (secondary data analysis); identifying existing data sets, data quality evaluation, comparability;
- standardization of methods of lifestyle assessment;
- validation of methods in food habit research; making instruments comparable. This applies to different sorts of assessment, like:
  - population statistics (are the data representative?)
  - cultural factors (getting hold of social reality)
  - cognition/behaviour (validation of individuals' behavior)
  - food composition (inaccuracies of tables)
  - nutrition status assessment
  - energy intake / activity recording.

There was general agreement that interdisciplinary work between natural scientists and social scientists must be developed further.

#### D. Actions following Workshop.

The huge range of tasks was then broken down into three priority areas for further activities and research, with a group and secretary for each area. The underlined person will write a paper about the objectives of the working group, and this will be distributed to the participants shortly. The working groups themselves will then organize their further activities, including raising funds as needed.

The working groups are given in the following tasks:

- 1) Reviewing (and perhaps re-analysing) existing data on food choice (including critical evaluation of comparability of data among European countries);

Members: Prättälä, Anderson, Booth, Holm, Jansson, Kanellou, Murcott, Oltersdorf

- 2) Methodology to identify and to assess eating patterns (directed towards assessment and evaluation of health outcomes of patterns including meals, snacks and drinks)

Members: Schlettwein-Gsell, Oltersdorf, Anderson, Bayer, Booth, Cavadini, de Garine, Grimm, Holm, Ulbricht, Verbeke

- 3) Research on changes in food habits including intervention and process evaluation (this should not cover the description of all changes but focus on those which might be affecting nutritional status)

Members: Westenhöfer, Anderson, Bayer, Booth, Brombach, Cavadini, Falk, Friebe, Grimm, Holm, Kamensky, Marshall, Rejman, Schlettwein-Gsell, Shepherd, Teuteberg.

Note: These group lists are not exclusive; any other colleagues including non-participants in this workshop are invited to join the activities of any action group.

Further decisions of the participants were:

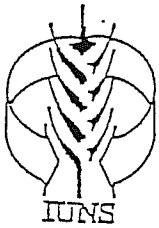
- There would be no printed proceedings of this workshop, but distribution of all papers amongst the participants.
- The chairperson would prepare a summary report of the workshop (herewith).
- Each participant should consider the possibility of using the output of this workshop to inform relevant research funding bodies (in the different countries and regions) and relevant political organizations.
- There was a need to identify colleagues in food habit research in further countries, not participating yet, especially in eastern Europe countries (Rejman, Stan Berger).

By way of summary, it was proposed and accepted that a priority for this IUNS committee is to facilitate research around the world into determinants and consequences of food-choosing habits as sound bases for industrial and educational actions that are effective in enabling individuals to change their eating habits in a manner that actually reduces their risk of disease.

Note:

This summary report of the workshop will be distributed amongst the participants (including papers not yet circulated). The summary report will also be send to EC and to IUNS-Committee-Members outside Europe (to stimulate similar activities in their regions). There are still no IUNS-committee members for the world regions of Africa and Latin America (possible suggestions by Igor de Garine).

- Appendix 1 - Letter of invitation (4 pages)
- Appendix 2 - List of participants (2 pages)
- Appendix 3 - List of papers (content of "folder")
- Appendix 4 - Time Schedule



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Appendix 1/1



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IUNS-AGEV-BFE-Workshop  
Freising-Munich (21&22.10.1995)

Organizer:  
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Federal Research Centre for Nutrition  
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11. Aug. 1995  
olt/wi

Dear Colleague,

in the name of the IUNS committee I invite you to participate in the IUNS-AGEV-BFE-Workshop:

"Impact of Changing Food Choice and Habits on Nutritional Status in European Countries."

Freising near Munich; 21 + 22 Oct 1995.

For further details please see the enclosed information.

Since this workshop is sponsored by the European Commission (FAIR-CT95-4801) we can offer you a subsidy to your travel expenses, in case you need it. We will offer you accomodation (max. 2 nights) and meals; and if you travel in an economic way, the subsidy may cover also this.

We hope you are able to join the IUNS Committee activities in general and you will participate in the forthcoming first workshop.

We know the time between this invitation and the workshop is rather short, but since it is only asked for your expertise, we hope you can prepare in advance some information on the given tasks in written, in order that we can distribute them immediately at the beginning of the workshop.

Yours sincerely

(U.Oltersdorf)

included:

- Information on the Workshop
- List of invited participants
- Reply Form
- Information on 2nd European Interdisciplinary AGEV-Meeting (19-21 Oct. 1995)



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A 1/2



BUNDESFORSCHUNGSANSTALT  
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*IUNS-AGEV-BFE-Workshop  
Freising-Munich (21&22.10.1995)*

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**Information on IUNS-AGEV-BFE-Workshop:**

**"Impact of changing food choice and habits on nutritional status  
in European Countries"**

**Date: Saturday, 21 Oct 1995 15,00 till Sunday 22 Oct 1995  
16,00.**

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**Meeting Location:**

Technische Universität München (TUM)-Freising-Weihen  
stephan  
Zentrales Hörsaalgebäude Seminar Room S3  
(see enclosed map; circled place E2; there are  
also information "How to get to Freising-Weihenste-  
phan)

Accommodation organized by AGEV secretariat.  
Postfach 10 01 106; D-83001 Rosenheim  
Tel.&Fax +49 8031 68467

**Preliminary Program:**

**Saturday 21 Oct 1995**

Till 13,00 Registration at AGEV-congress meeting desk

13,30 Lunch at Gasthof Lerner

15,00 Opening Session

16,45 Coffee Break

17,00-18,30 Session

19,30 Dinner at Bräustübl

**Sunday 22 Oct 1995**

9,30 Session

11,00 Coffee Break

11,15 Session

13,00 Lunch ("Brotzeit")

14,00 Closing Session

### Scope of the Workshop

The recently established IUNS Committee II/2 "Nutrition and Food Choice" has the general task: "to review the impact of changing food choice and habits on nutritional status".

The background is that there are many relations between food habits and health. Many attempts to make people adopt healthier food and eating habits have failed so far. Behavior and motivation of people who improved their diets are largely unexplored. Little attention only has been paid to the end of the chain of nutrition research, i.e. how to improve one's diet and nutrition. The knowledge produced by answers to the "how" question is often culture- or site-specific and involve economic, political, social, personal and administrative aspects.

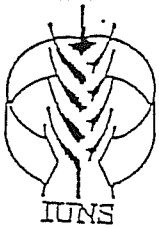
European experts in the interdisciplinary field of food habit research could meet at a workshop to specify the IUNS committee's tasks for Europe. This workshop will be held immediately following the 2nd European Interdisciplinary Meeting of the AGEV (Working Association on Nutrition Behavior).

European food habit researchers from different disciplines are invited to join the IUNS committee's activities and to participate in this first workshop. Invited participants are expected to prepare a brief paper on one or more aspects of the following tasks:

- to review the current status of research among the disciplines on food habits, food choice and eating patterns in the different countries and regions; (giving definitions of food habit, meal, meal and eating pattern etc.),
- to inform on national activities with the aim of changing food habits,
- to describe the position of research on food habits within nutrition research (including academic training), in national nutrition society and in nutrition policy,
- to identify priority areas of food habit research in general and for joint European research projects.

These papers will serve as a basis for discussions at the workshop. The results of these activities will be published in a report by the IUNS Committee.





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A 1/4



BUNDESFORSCHUNGSANSTALT  
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IUNS-AGEV-BFE-Workshop  
Freising-Munich (21&22.10.1995)

Fax (3 pages) to:

Organizer:  
Dir.u.Prof.Dr.Ulrich OLIERSDORF  
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Federal Research Centre for Nutrition  
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Tel. + 49 711 45 50 63  
Fax. + 49 711 45 69 355

14th Sep. 1995

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Further Information on IUNS-AGEV-BFE-Workshop:

"Impact of changing food choice and habits on nutritional status  
in European Countries" (Freising-Munich - 21.&22.10.1995)

Dear Colleagues,

thank you very much for your good cooperation. The response is encouraging, till now we are 24 participants, only eight colleagues cannot attend the workshop and a few have not replied yet.

I want to remind you, that the workshop has the following tasks (as stated in the first informations you received):

- 1) - to review the current status of research among the disciplines on food habits, food choice and eating patterns in the different countries and regions; (giving definitions of food habit, meal, meal and eating pattern etc.),
- 2) - to inform on national activities with the aim of changing food habits,
- 3) - to describe the position of research on food habits within nutrition research (including academic training), in national nutrition society and in nutrition policy,
- 4) - to identify priority areas of food habit research in general and for joint European research projects.

Most of you stated topics of papers to be presented for task 1). Since the time of the workshop is limited the following procedure is planned.

Everybody should present some thoughts and informations on each task in short oral statements (5-10min), which are based on your written informations (the topics you mentioned in the reply form you sent us). For these informations there are no formal limitations; but we ask you - if possible - to bring your texts on papers and/or on discette. All relevant materials will be included in the planned proceedings of the workshop. It is also planned to keep records on the main features of the discussion of the workshop.

## Appendix 2

### Participants of the IUNS-AGEV-BFE-Workshop

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## Appendix 3

### Papers of the participants of the IUNS-AGEV-BFE-Workshop

Alberti-Fidanza A	Food choice and habits and nutritional status in groups of children, adults, elderly, pregnant and lactating women in the Perugia area (Central Italy)
Anderson A	Changing food habits in Scotland
Bodenstedt A	Social strategies, income and food habits - tentative generization
Booth D	Effective dietary change - UK and EU research projects funded or proposed
Brombach C	Food habits of special groups: the elderly
Cavadini C	Adolescent food habits in Europe
Falk P et al.	Cultural differences in oral consumption - a comparative research project
Feunekes G, Graaf de C et al.	Influences of the social environment on nutritional intakes
Friebe D, Ulbricht G	Changes in nutritional behaviour 1990/1991 (Potsdam Study)
Garine de I	Food consumption and the anthropologist
Grimm E	Meals in Germany - September 1995
Holm J	Food habits, food choice and eating patterns - social science research
Jansson S	Nutritional status and cultural analysis
Kanellou A	The DAFNE Initiative
Kutsch T	Sociological statements
Marschall DW	Meals and food choice: meals in the research agenda
Murcott A	The social science of food choice in Britain
Oltersdorf U	Review of meal pattern changes in Germany
Oltersdorf U et al.	Food patterns of policemen on patrol duty. A case study of Stuttgart, Germany
Pfau C, Piekarski J	Nutritional behaviour of the aged in private households
Prättälä R	Socio-cultural research on food and nutrition in Finland
Rejman C, Kowrygo B	Consumer behaviour - case study Poland (Outline of the project)
Schlettwein-Gsell D	Impact of meal patterns
Shephard R	Psychological model of food choice
Teuteberg HJ	Notes on food habit research in Germany - an interdisciplinary perspective
Verbeke W et al.	Consumption of light products in Belgium
Westenhöfer J	Food choices to promote healthy body weight and to prevent obesity and eating disorders

## Appendix 4

### Time schedule of the of the IUNS-AGEV-BFE-Workshop workshop

#### Saturday 21 Oct 1995

Till 13,00	Registration
13,30	Lunch Buffet in Congress Area
15,00	Opening Session Chair: Oltersdorf Introduction Informations on task 1
16,45	Coffee Break
17,00 - 18,30	Session Chair: Holm Informations on task 1 (continuing)
19,30	Dinner at Bräustübl

#### Sunday 22 Oct 1995

9,30	Session Chair: Murcott Informations on task 2, 3 and 4
11,00	Coffee Break
11,15	Session Chair: Schlettwein-Gsell Informations on task 4 (continuing)
13,00	Lunch ("Brotzeit")
14,00	Closing Session Chair: Booth Informations on task 4 and suggestions for further activities

### Appendix 3

#### Papers of the participants of the IUNS-AGEV-BFE-Workshop

- 1) Alberti-Fidanza A Food choice and habits and nutritional status in groups of children, adults, elderly, pregnant and lactating women in the Perugia area (Central Italy)
- 2) Anderson A Changing food habits in Scotland
- 3) Bodenstedt A Social strategies, income and food habits - tentative generization
- 4) Booth D Effective dietary change - UK and EU research projects funded or proposed
- 5) Brombach C Food habits of special groups: the elderly
- 6) Cavadini C Adolescent food habits in Europe
- 7) Falk P et al. Cultural differences in oral consumption - a comparative research project
- 8) Feunekes G, Graaf de C et al. Influences of the social environment on nutritional intakes
- 9) Friebe D, Ulbricht G Changes in nutritional behaviour 1990/1991 (Potsdam Study)
- 10) Garine de I Food consumption and the anthropologist
- 11) Grimm E Meals in Germany - September 1995
- 12) Holm J Food habits, food choice and eating patterns - social science research
- 13) Jansson S Nutritional status and cultural analysis
- 14) Kanellou A The DAFNE Initiative
- 15) Kutsch T Sociological statements
- 16) Marschall DW Meals and food choice: meals in the research agenda
- 17) Murcott A The social science of food choice in Britain
- 18) Oltersdorf U Review of meal pattern changes in Germany
- 19) Oltersdorf U et al. Food patterns of policemen on patrol duty. A case study of Stuttgart, Germany
- 20) Pfau C, Piekarski J Nutritional behaviour of the aged in private households
- 21) Prättälä R Socio-cultural research on food and nutrition in Finland
- 22) Rejman C, Kowrygo B Consumer behaviour - case study Poland (Outline of the project)
- 23) Schlettwein-Gsell D Impact of meal patterns
- 24) Shephard R Psychological model of food choice
- 25) Teuteberg HJ Notes on food habit research in Germany - an interdisciplinary perspective
- 26) Verbeke W et al. Consumption of light products in Belgium
- 27) Westenhöfer J Food choices to promote healthy body weight and to prevent obesity and eating disorders