

Social modeling of low and high energy density starters and desserts

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- Social Modeling consits in using others' behavior as a guide for appropriate consumption.
- The majority of studies on social modeling were interested in food intakes.
- Much less is known about social modeling of food choices, when exposed to a various range of foods, including both high and low energy density items.
- A previous study conducted in real-conditions observed social modeling of food choices for starters but not for desserts, suggesting that all food categories are not similarly suceptible to social modeling (Garcia et al, 2021).





- We did not observe social modeling of low and high energy density choices.

- -> Biases linked to the study setup? (ex. layout: participant and commensal ate back to back) • Liking appeared as the main determinant of participants' food choices in the experiment.

Social modeling of low and high energy density starters and desserts

Context et Objective

The aim of this study is to caracterize social modeling of food choice for different food categories (starters and desserts) and of both high and low energy density.

Results

Comparison (<i>T-test</i>) of total, and sessions	starters and desserts energ	gy intake between conditions
	Between Conditions	Between Sessions
Total Energy Intake	p = 0.85	p < 0.01
Starters Energy Intake	p = 0.20	p = 0.26
Desserts Energy Intake	p = 0.82	p = 0.01

->	Between	Conditions

	Contantions				- NO Significant unter
Condition	Healthy Condition		ion	McNemar chi-2 = 2.58; p-value= 0.11	high energy density
Linhoolthy	Choice	Healthy	Unhealthy		
Condition	Healthy	12	9		\rightarrow No social modeling
Condition	Unhealthy	6	12		
McNemar d	chi-2 = 0.6; p	-value =.,44			

ges	Yogurt	Fruits salad	Chocolate cake	Lemon Pie
,04	p = 0,66	p = 0,052	p = 0,01	p < 0,01
,39	p = 0,12	p = 0,30	p = 0,86	p = 0,40
,43	p = 0,26	p = 0,97	p = 0,86	p = 0,09

Conclusion / Discussion

-> Choices may be less suceptible to external influences compared to quantities because people may feel more certain of their food preferences than the adequate quantities to consumed, and thus do not look for guidance in their choices. -> Low appreciation of high energy density items + Low number of items: reduced the uncertainty regarding preferences, and thus the suceptiblity to external influences.

• Energy intake was higher in session 1 compared to session 2, due to a higher consumption of high energy density desserts in session 1, which could be due to the novelty effect of the buffet.



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No significant difference in energy intake between « Healthy » and

Significantly higher consumption of energy intake during session 1

Energy intake difference between the sessions was due to a higher consumption of high energy density desserts in session 1

items according to the condition or the session, neither

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