

Mixed Nut/Voluntary Food Intake

Main Study Questions

The purpose of this study was to determine if consumption of mixed nuts, consumed twice daily, would influence food intake and choice. We also wanted to determine how personality characteristics such as mood, stress, tendency to seek approval, tendency to avoid criticism, tendency toward food cravings, and approach to food intake control might affect food choice.

Motivation for Research

The condition of being overweight or obese has skyrocketed in recent decades, and brings with it many health risks, including type 2 diabetes, cardiovascular disease, cancer, gall bladder disease, fatty liver disease, osteoarthritis, and sleep apnea. Less than 30% of individuals are able to maintain target body weight after a weight-loss diet. To improve dietary and lifestyle guidance to help individuals lose weight and maintain weight loss, a better understanding of factors influencing voluntary food intake is needed.

The study ran from mid-September, 2017 until the beginning of November, 2017.

