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The importance of eating behaviour: A systematic review

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Abstract

Daily eating behaviour is made up of habits. Eating is a human health activity that includes interactions between physiological, psychological, environmental, social, cultural, and other elements. Individuals are capable of attending to and adjusting their eating patterns towards safer, more agreeable, and practicable meals. Eating behaviours, especially those related to an overeating tendency, originate early in the developmental and exhibit individual continuity equivalent to stable personality traits. Appetitive qualities associated with increased satiety tended to reduce with maturation, whereas those associated with increased food reactivity tended to rise. This pattern is consistent with a steady increase in the risk of obesity.

Keywords: Eating, eating behaviors

Introductions

The evidence demonstrating eating habits' impact on health is overwhelming and concerning. Children learn what, when, and how much to eat through direct experiences with food and by witnessing the eating practices of others during their first years of life. Researchers from numerous fields investigate human eating behaviour since it not only meets biological demands but also provides pleasure and comfort, as well as reflects economic, social, and cultural realities and perspectives [1].

Define the problem in behavioural terms.

This has two parts: (a) who is executing the action and (b) what the activity is. The reasoning behind this is that expressing an issue in terms of consequence, such as weight increase, does not show what behaviours one is attempting to modify or whose behaviour is involved. It is believed that up to 45% of behaviour is repeated practically every day in the same physical location [2, 3]. So, 'most of the time, what we do is what we do most of the time' [4]. Because most people eat every day and, in many circumstances, meals are enjoyed at the same place and time every day, it is reasonable to conclude that eating behaviour is largely habitual [5]. Furthermore, research utilising home panel data to analyse food purchase patterns suggests that many food purchases are repeated over time [6, 7].

Eating and Behaviour

Energy intake and expenditure are outcomes of behaviours (e.g., food selection, eating, TV viewing, sports participation) that are impacted by a variety of internal and external influences. They include food supply features, individual knowledge, attitudes, emotional state, and experiences, as well as the social and cultural context in which the behaviour happens. This concise overview focuses on psychological research on the factors that influence food intake. Environmental influences on energy consumption Food properties and eating habits Energy intake is influenced by food environment characteristics in humans and animals, according to research. Participants in a typical experiment are randomly assigned to groups that are supplied with different types of food or given food in different conditions. Studies of this type have demonstrated that calorie consumption is higher when the meal consists of a diversity of foods rather than a single food type [8], when the food is more pleasant [9], and when it is provided in more energy-dense formulations [10]. Longer-term studies in both animals and humans suggest that more appealing and energy-dense diets result in greater weight gain [11-13].

In addition to food content, cues such as the look or smell of food can stimulate hunger and increase intake ^[14]. Animal studies show that they can learn to correlate non-food stimuli with eating (for example, as observed in Pavlov's dogs). Exposure to conditioned stimuli causes salivation, and alterations in blood glucose levels, and can even cause food intake in satiated animals ^[15]. It has been proposed that responding to feeding signals prepares the body for food intake, allowing for faster digestion when the food is consumed. Eating preferences alter as a result of experience and education. The taste of meals taken soon before being sick is generally detested, whereas tastes linked with positive outcomes, such as a ready supply of calories, are more loved ^[16]. This is most likely the basis of the familiarity effect, in which foods that have previously been eaten and whose results have proven to be pleasant tend to be favoured, and this is especially true in youngsters. There is evidence that systematic exposure (including flavour transmission via breast milk) might increase familiarity and promote acceptance of previously hated vegetables ^[17, 18]. In the historical context, these discoveries make sense: survival in the face of food scarcity is likely to have been aided by behavioural repertoires that increase food consumption when food is abundant and allow the selection of safe and energy-dense foods ^[19]. Stress is one environmental trait that has piqued people's interest. Yet, no simple correlation with eating behaviour has been discovered. Stress has been found in animal experiments to produce both hyperphagia (overeating) and hypophagia (undereating), with some evidence that milder stresses increase food intake while more severe stresses decrease it. Human research has yielded equally disparate results, while most people tend to increase their intake of sugary and fatty foods relative to protein during stress, which may be part of a coping response ^[20].

The contemporary food environment in prosperous cultures, food production, storage, and delivery methods have almost eliminated food scarcity, resulting in an increasingly appealing, varied, and energy-dense food supply. Food is generally available, and promotion and advertising expose people to more food cues. Food prices, which could ordinarily be a barrier to consumption, are at an all-time low, with processed, energy-dense foods given in huge portions having the lowest unit costs. Social eating norms have altered in tandem with the evolution of the food supply. Grazing, nibbling, eating on the go, and dining away from home are all typical and contribute a significant percentage of calories. Youngsters are allowed more freedom in terms of food selection. Portion sizes for meals and snacks have increased, with emerging evidence indicating consumers eat more when given greater servings ^[10]. As a result, the current food environment is very similar to the settings that have been demonstrated in the laboratory to promote calorie consumption ^[21].

Conclusions

Eating is an important part of a healthy lifestyle and a human health activity including interactions between physiological, psychological, environmental, social, cultural, and other factors ^[22]. People can attend to and change their eating habits towards healthier foods that are safe, acceptable, and feasible ^[22, 23]. The type and amount of food consumed by patients are part of the goal of healthy eating ^[22, 24].

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