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### **Food Psychology: Why we eat more than we think**

This presentation shows that most people are not aware of their volume of food consumption. This lack of awareness may lead to over-consumption. Techniques will be presented that will help consumers be aware of their eating patterns and provide ways to reduce intake.

Techniques include

1. Reduce portion size when eating out
2. Set food aside in a take out container before you eat
3. Beware that even the names of foods can fool you
4. Buy smaller containers of food in the grocery store
5. Use smaller plates, bowls, and glasses
6. Use visual cues to consumption, ex keep candy wrappers
7. Write down what you eat
8. The Pistachio principal, reduce calories by making stealth changes with out restricting calories

### **Wine tasting and the Health Benefits of Wine:**

Three steps in win tasting

- With the Eye (Visual)
- With the Nose (Olfactory)
- With the Mouth (Gustatory)

Aroma categories

- Spicy: clove, cinnamon, mint, rosemary
- Floral: violet, rose, jasmine, germanium
- Fruit: cherry, raspberry, plum, apricot
- Vegetable: tea, fern, green leaves, damp

Tasting balance

- Acidity
- Astringency
- Sweetness