

Foods enjoyed but avoided by college students. L.J. NOLAN^a, M.M. HETHERINGTON^b. ^a*Department of Psychology, Wagner College, Staten Island, New York NY 10301, USA.* ^b*Glasgow Caledonian University, Glasgow, Scotland, UK*

Food cravings are often directed at items that are highly liked but restricted. To examine liking, wanting and avoiding foods, 429 psychology students were asked to name a food that they enjoyed but avoided and a food that they never tired of eating and the frequency of eating each food was estimated. The foods were coded as sweet or non-sweet and high fat (HF) and/or high carbohydrate (HC). The five most frequently enjoyed but avoided foods were chocolate, ice cream, pizza, French fries and cake. The five most frequent foods they never tire of eating were pizza, pasta, chicken, chocolate and ice cream. The foods never tired of were mostly HF/HC, as were the majority of foods enjoyed but avoided. Over 74% of the foods named were not sweet. Ranges of BMI did not differ. Men were more likely than women never to tire of HF/LC foods and also to enjoy but avoid HF/LC. The food avoided was not sweet for more of the men (65.5%) than of the women (55.2%). This sex difference was particularly evident in the group with higher BMI (>25 kg/m²) group, where 71% of the foods enjoyed but avoided by women were sweet. Additional studies to relate liking, wanting and avoiding to cravings are to be conducted.

doi:10.1016/j.appet.2006.07.048

Predicting multiple item meal consumption in women.

L.J. NOLAN, K.L. FISHER. *Department of Psychology, Wagner College, Staten Island, New York NY 10301, USA*

To examine what variables predict intake in single item (SI; macaroni and cheese) and multiple item meals (MI; SI plus sandwiches, fruits, cookies, salad), 17 women ate lunch in the laboratory on two non-consecutive days. The meals were presented in counterbalanced order. Intake of each food was recorded and total kilocalories calculated. Meal duration and ratings of hunger and fullness were also recorded. Each woman was assessed for BMI, DEBQ scales and attitude toward eating new foods (Food Attitude Survey: FAS; Frank & van der Klaauw, 2004, *Appetite* 22,101–123). BMI, DEBQ externality, FAS,

number of items consumed, and pre-meal hunger, fullness and desire for favorite food were all significant predictors of energy consumption in MI meals. None of these predicted SI intake. There was no difference between MI and SI meals in water intake, number of grams of foods consumed or hunger and fullness ratings. However, energy intake was higher in the SI meal because of the lower energy density of some items in the MI meal such as fruit. MI meals were also significantly longer in duration.

doi:10.1016/j.appet.2006.07.049

Super-satiation, sick sensation and substance-specific suppression of appetite. GEMMA O'LEARY, SUZANNE HIGGS, LIXIANG LI, DAVID A. BOOTH. *Somaesthesia Laboratory, School of Psychology, University of Birmingham, Edgbaston, Birmingham B15 2TT, UK*

Eating two meals in rapid succession in hippocampal amnesia could arise from deficient central processing of visceral satiety signals. However there is as yet no apparatus-free measure of satiation from one sort of stimulation by ingested food. So we sought to develop such a test using the intense sating effect of concentrated maltodextrin. Ratings of appetite were introduced in the mid-1970s to see if any was more sensitive than choice or brief intake as a measure of the disposition to consume food. Others have assumed that each wording measures a different process in appetite but one main factor emerges whenever principal components are extracted from the responses. For ratings made shortly after a lunch on soup and yoghurt, sensation-related words gave the separate factors: full and satisfied; bloated; discomfort; sick and flatulent; thirsty. At 10 and 20 min after starting lunch hungry on 100 ml of soup containing 43 g of maltodextrin, the discomfort and sick/flatulent scores were higher and biscuits and Mars Bar were less pleasing than after cellulose gum in soup given similar ratings for calorie contents immediately after eating. Just prior yoghurt intake did not show a reliable difference. Thus rating of discomfort at 10–20 min after consumption of food containing concentrated maltodextrin shows promise as a test for undisrupted central processing of a specific visceral signal.

doi:10.1016/j.appet.2006.07.050