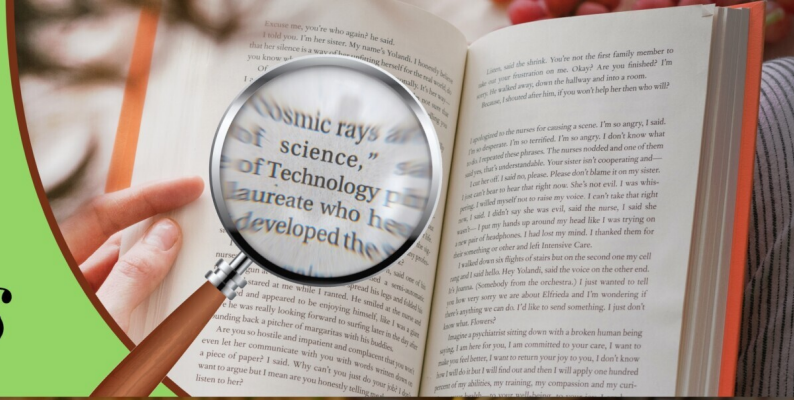


BaronE Health Reviews



**Do our
food choices
influence others?**

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Holistic Natural Health Experts

About Us

Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

Do our food choices influence others?

Original article

<https://nutritionstudies.org/what-you-order-might-be-influencing-strangers/>

What You Order Might Be Influencing Strangers

We might expect our food choices to affect the choices of those around us and vice versa. But do we appreciate how significant this effect can be? Are some people's dietary choices more susceptible to social influences than others? Is there a limit to that influence?

*These are just a few of the questions researchers set out to answer in a study published in 2018 in the journal *Appetite*. [1] For the better part of a year, the researchers sneakily recorded what people ordered for lunch at a Vancouver cafe restaurant where customers queued and in which they could choose between comparable vegetarian and meat options (e.g., a stew with a meat base versus a lentil base). After collecting information on what people ordered, the researchers surveyed those who consented to be part of the study, asking questions about those individuals' dietary habits, their relationship to the person in the line ahead of them, and whether they might have been aware of social forces at work in their decision-making process.*

A very interesting fieldwork to make people aware of the impact of their choices on those around them.

The primary question the researchers wanted to answer was whether people's orders were influenced by the orders of those in front of them. What they found might surprise you. And it could improve our appreciation for what it means to be a good role model. But before we get into the details, let's define some critical terms.

What Is Modeling?

As defined by the researchers, modeling, in the context of food, is "the phenomenon whereby people mimic the food intake or choice of another person." [1]

Notice that choice is only half of the modeling equation. Research on intake, the other half, is already more established. A 2015 meta-analysis of 38 articles found a significant modeling effect for food intake: "Participants ate more when their companion ate more, and ate less when their companion ate less." [2] Interestingly, the modeling effect was greater for women than men. It was also greater as an inhibiting effect than as an augmenting effect. In other words, although people model food intake when the outcome is eating more, they are apparently even more likely to model food intake in the opposite direction—when their companion eats less. This makes sense given that in most social contexts, not overeating is an injunctive norm, especially for women (injunctive norms are those that people perceive as being approved or not approved; they are what we think we ought to do). It seems reasonable that this injunctive norm might reinforce the inhibitory modeling effect.

Both in terms of the choice of food and the quantity we eat, we are inevitably influenced by our social and family environment.

Personally, at Holistic Natural Health Experts, we believe that you should eat with your head and your heart. Eating with your head means being aware of what food represents, its origin, how it is produced, its nutritional value, its taste and its effect on our body.

Do our food choices influence others?

It is important to note that all our senses, such as sight, taste, smell and hearing, are directly connected to the brain, and therefore to our head. It therefore seems logical that the food industry and our culinary habits seek, by various means, to deceive our perceptions.

Let's see what the results of this study show.

Food choice modeling can be trickier to study, particularly with entrees.[1] In more rigorously controlled studies, participants may be especially susceptible to social influence because of the heightened uncertainty of finding themselves in an unfamiliar environment and knowing they are being studied. Observational studies, like the 2018 study, can capture behavior in a more natural environment, but it is difficult to rule out other influences on food choice or to generalize the findings to the broader population.

Vegetarian or Meat?

Now, getting back to the lunchtime cafe at the University of British Columbia, Vancouver.[1] After starting with 269 consenting participants and excluding those who knew the person in line ahead of them or those who were already vegetarian or vegan, the researchers were left with 174 participants.

The headline finding was that individual orders matched the person in front of them at a rate significantly greater than would be expected by chance. In other words, it seems that customers were indeed modeling the food choices of those in front of them. "Following a prior meat-based order, the proportions of meat-based orders increased from 73% to 82%," exceeding the rate one would expect from chance alone. What is encouraging is that the modeling effect seemed even greater for vegetarian orders: "Following a vegetarian order, the vegetarian orders increased from 27% to 47%."

Humans are gregarious animals. We rarely eat alone because, culturally, mealtimes are a time for sharing, whether with family, friends or colleagues.

Today, we have lost this special moment, especially for lunch, because the distance between work and home does not allow most of us to go home. However, even if some of us end up eating a sandwich on the go, queuing to order our food influences our food choices, but in a very different way depending on whether we eat consciously, impulsively or simply out of necessity, no matter what.

Firstly, the location: whether or not the establishment is well-known, whether it is clean, whether it offers a wide choice of healthy food. Then, the publicity given to certain dishes, what colleagues are having, the mood of the moment, personal interest or lack of interest in the food. All of this comes into play.

Do We Know the Forces That Move Us?

What we found most fascinating about the study is that more than three-fourths of the participants claimed to have not been influenced by the prior order. Still, the modeling effect was significant even among that group. This suggests that modeling may occur beyond our awareness, a notion well-supported by the wider scientific literature on social influence. [3] Generally, we underestimate external influences on our choices, perhaps because we desire to feel control over our destinies. One exception is when admitting to external influences supports self-serving biases. For example, women in a pasta-feeding study were more willing to cite external influences (portion size) as an "excuse" for overeating.[4]

Do our food choices influence others?

Nothing could be truer. Becoming aware of the forces that motivate us is a complex task, combining psychology and sociology. Few people have the knowledge and introspective analytical skills necessary to achieve this.

This observation extends to the care we take of our bodies, where external influences play an essential role, although few people are willing to admit it.

Here we touch on a sensitive issue specific to humans. We invent a kind of ability to control our life when everything is going well, and an ability to have been influenced when everything is going badly. I ate too much because I was influenced, "it's other people's fault". So true! We can see it every day and recognize here that if it weren't the case, marketing wouldn't work!

While participants may have been influenced "simply [by] witnessing the prior order being prepared," the researchers note that the meal choices were all in an open display, so visual prominence is unlikely to be the sole factor driving order-matching. Other limits of the study include its relatively small sample size and—I suspect more importantly—its location on a university campus. It is impossible to know whether an equally robust modeling effect might occur in different settings with populations not predominantly made up of students, who may be more susceptible to social influence or more open to shifting toward plant-based diets.

It is true that it is not so easy to conduct this kind of study because, in another context, other influences can come into play.

The Power of Being a Good Role Model

Given the many health and environmental benefits of switching to a plant-based diet, there is a growing interest throughout the plant-based movement in how we might more effectively encourage behavior change in others. To successfully and quickly address the global crises related to animal food consumption, all of us—policymakers, entrepreneurs, researchers, and every individual consumer in between—must better promote the strategies that work. Equally, it would be useful to know which strategies are counterproductive so we can avoid them.

This is easier said than done. Because we are dealing with relatively new areas of study, there remain many more questions than answers. The effectiveness of confronting people with information is unclear. So much depends on the type of information you share and the circumstances in which you share it. In some cases, even seemingly harmless approaches might backfire. I'm sure many of you can think of a few examples in which trying to start a conversation about a plant-based lifestyle might do more to shut down interest than to inspire change.

Eating a plant-based diet is now an indisputable fact of life. However, at Holistic Natural Health Experts, we know that without acquiring a real knowledge of healthy eating, there will be no lasting change.

Indeed, introducing and promoting a plant-based diet can have a very positive impact on the majority of people, both in terms of its taste appeal and its compatibility with our bodies. Will it last in the long term? Nothing is less certain. Indeed, we eat with our head and our heart. Our head must know and our heart must feel.

Marketing and advertising, often exaggerated and misleading, seek to manipulate our knowledge and perceptions.

Attempting to use marketing honestly is therefore not enough, since sooner or later, misleading marketing would replace it.

Do our food choices influence others?

To further complicate the issue, social norms do not always work as expected. In a study published earlier this year, researchers found small and statistically insignificant effects of social norms on first-year students "confronted with different statements about the diets of students already enrolled and studying at the university." [5] Notably, they found that female students were much more responsive to this explicit exposure to social norms than their male counterparts, especially when their food choices could be observed by others. In another study, researchers found that norm following is likelier to occur when norms are conveyed implicitly and the circumstances do not feel unfamiliar; however, participants who had low intentions to follow a vegetarian diet from the beginning of a study "[exhibited] reactance against an explicit vegetarian norm in an unfamiliar context [emphasis added]." [6] That is, those who were not interested in the vegetarian diet in the first place became even less likely to choose vegetarian options when confronted with an explicit norm. Intuitively, this makes sense. We have probably all met someone, at some point, who exhibited this kind of stubbornness.

Here we find a profoundly human atavism. We selfishly resist adhering to a social norm when it is positive for animals, for biodiversity and ultimately for ourselves, but especially when we have the choice.

It is effectively the only freedom we have left (for the moment). We cannot stubbornly refuse to pay our taxes, however unfair they may be. We cannot refuse to take the exams to obtain our diploma, however inadequate they may be. We cannot etc., etc.

But have you noticed that the only spaces of freedom we have left are those where we can harm ourselves and others? Where we can take all kinds of drugs, eat industrial and pesticide-ridden food, sit at home and play video games for hours on end, have easy access to pornography, destructive music and every imaginable vice.

On the other hand, it is becoming difficult to access real spaces of freedom. Leaving the city to go and live in the countryside for a few hours costs time and money, eating organic food costs money, taking care of your health costs time and money, doing sport costs time and possibly money, getting information and educating yourself costs time and money, and of course all this requires willpower, the same willpower that is ruined by a life of debauchery, which is widely advocated in our societies.

So which way do we want to put our ego?

One thing that cannot backfire, though, is being a positive role model. While more research in this area is needed, we now have at least some compelling evidence that our example alone can inspire others to choose healthier options, whether we know it or not—even whether they know it or not! So make sure to continue treating yourself well: eat wholesome foods, prioritize learning, exercise regularly, and cultivate a healthy social life. You never know who might be watching.

One thing is certain: once we have understood the reasons for our choices, there is no going back. And yes, we can be a positive role model! We too have, at one time or another, been inspired by positive role models. They can trigger the desire to know and understand.

We can live without needlessly causing suffering and destruction to others and to ourselves. Isn't that extremely positive news?

Join Our Experts

Learn optimal eating and holistic lifestyles to live your full potential!

Holistic Natural Health Experts are your guide to experiencing peak health. Learn with our experts how to create your most thriving and regenerative life.

Your health is the most important asset you have. Learn how to live in optimal health, and overcome challenges with personalized holistic solutions.

Whether you prefer to learn through one-on-one coaching, webinars, ebooks, or articles, our virtual clinic is available anytime, anywhere, offering you a comprehensive platform to support your growth.



You may benefit from our support in a range of situations including:

- Identifying optional medical procedures and evaluating the pros and cons of each
- Understanding medical test results and reports
- Find natural products to replace pharmaceuticals and chemical treatments when possible
- Ideas for staying healthy and protected while traveling and on vacation
- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
- Clarifying health goals that are meaningful and achievable
- Developing a vision of your optimal health and thriving for longevity
- Any other personal requests or concerns on any health related issue



Holistic Natural Health
Experts

In one-on-one coaching sessions, we offer analysis and treatment options as diverse as our clients themselves. Connect with our experts from the comfort of your own home.

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