

Conscious and Satiating Snacks

Facilitating healthy eating experience by manipulating food textures



The project presents a set of guidelines showing the relationships between food textures and conscious and satiating snacking experiences. As a designer, food textures can be considered as tools to shape people's snacking experiences.

Textures of food have impact on both consciousness and satiation: the aforementioned factors play the most significant roles in termination of eating. Thus by unfolding the relationships between the perceived textures and conscious and satiating snacking, more opportunities to control calories intake can be proposed.

Guidelines for food designers

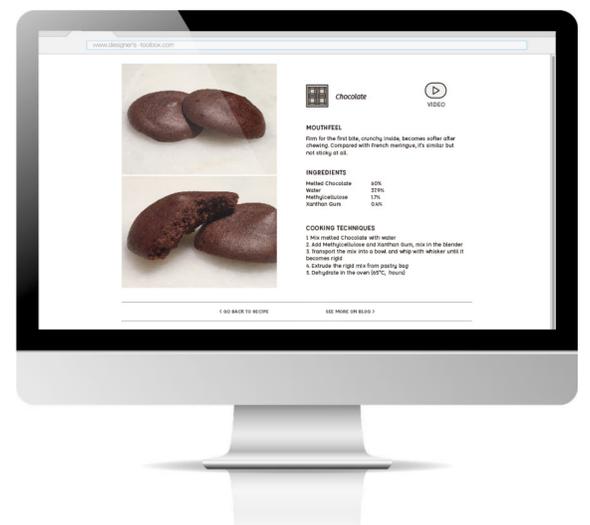
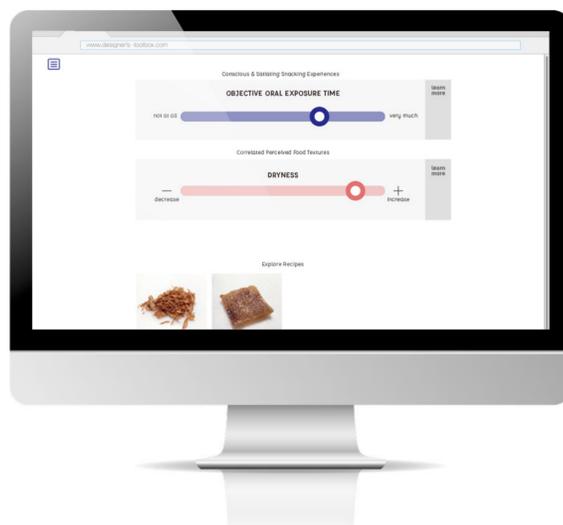
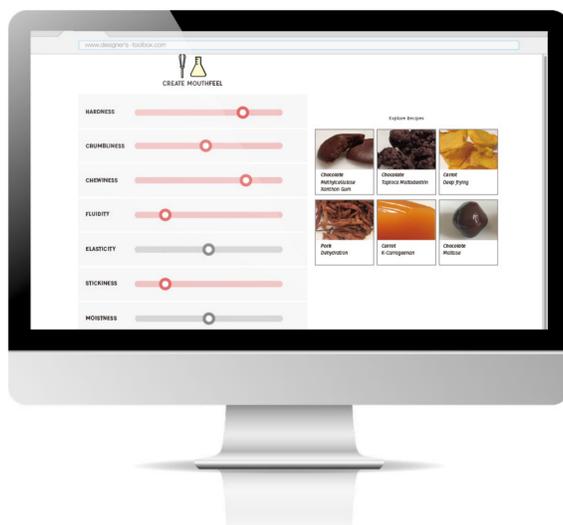
The outcome of the project is a set of interactive and digital guidelines for the food designers that exhibits not only the relationships between the perceived textures and conscious and satiating snacking, but also provides guides and know-hows for texture manipulation.

Determinants for Conscious & Satiating Snacking Experiences

Objective oral exposure time, **Perceived efforts and time**, **Changes and fills up the mouth**, and **Surprise** are the four determinants relevant for conscious and satiating snacking experiences that found in the existing studies and a series of qualitative research.

Relationships with food textures

The relationships were discovered with quantitative research methods. **Gumminess**, **Hardness** and **Stickiness** contribute to conscious snacking experience; while **Dryness** is strongly associated with satiation.



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