

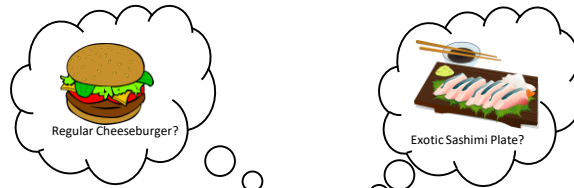
# You Are What You (Are Willing To) Eat: Willingness to Try New Foods Impacts Perceptions of Sexual Unrestrictedness and Desirability

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## INTRODUCTION

- In recent years, food neophobia, or fear of trying new foods, has been associated with both eating and sexual behavior (Al-Shawaf et al., 2015; Elkins & Zickgraf, 2018; Kauer et al., 2015).
- Factors such as meal size, and healthiness of food impact perceptions of others' interpersonal qualities (Vartanian, 2015; Vartanian et al., 2007).
- We examined whether mating-relevant inferences of an opposite-sex target are influenced by observations of the target's willingness to try new foods.



## STUDY 2

- Examined whether cues to an individual's willingness to try new foods can be used to infer other mating-relevant behaviors.
- We predicted that targets who are willing to try new food will be perceived as being more sexually unrestricted than those who were unwilling or reluctant to try new food.

## METHOD

- Participants viewed two online dating profiles (one profile described the target as willing to try to new food; one profile described the target as unwilling).
- Participants rated each target's openness to experience and sociosexual behavior, responded to standard demographic items, were debriefed, and dismissed.

## REFERENCES

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## STUDY 4

- Examined whether inferences of target's sociosexual behavior from cues of their willingness (vs. reluctance) to try new food are mediated by perceptions of reduced sexual disgust.
- This study utilized a mediational analysis to examine whether the relationship between targets' willingness to try new food and perceptions of their sociosexual behavior was mediated by changes in perceived sexual disgust sensitivity.
- We predicted that individuals would perceive opposite-sex targets that were willing to try new foods as having reduced sexual disgust, and that this perception would mediate the relationships between the individual's inferences of the target's sociosexual behavior and their willingness to try new foods.

## METHOD

- After viewing the two online dating profiles, participants completed measures assessing the targets' openness, sociosexual orientation, and sexual disgust sensitivity.

## RESULTS

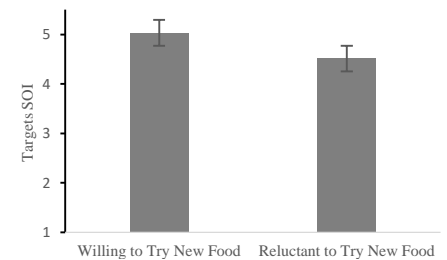


Figure 1. Participants' ratings of opposite-sex targets' sociosexual tendency as a function of targets' willingness (or reluctance) to try new foods (Study 2). Error bars reflect standard error of the mean

## RESULTS

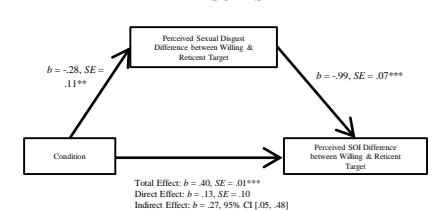


Figure 2. Path model for the indirect effect of condition (target willingness to try new foods: willing or reluctant) on participants' perceived sociosexual tendency difference between the willing and the reluctant targets through participants' perceived sexual disgust difference between the willing and reluctant targets. (Study 4). \*\*  $p \leq .01$ , \*\*\*  $p \leq .001$

## DISCUSSION

- Overall, our results provide evidence that people are aware of the associations between one's willingness to try new foods and their sexual behavior, and that they use information about willingness to try new foods as a cue to other's sexual behavior, likely influencing mate choice decisions.