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Brian Wansink Wikipedia

Brian Wansink is an American former researcher and professor who worked in the fields of consumer behavior and marketing research. He is the former executive director of the USDA's Center for Nutrition Policy and Promotion (2007 2009) and held the John S. Dyson Endowed Chair in the Applied Economics and Management Department at Cornell

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Every day, we each make around 200 decisions about eating. But studies have shown that 90% of these decisions are made without any conscious choice.

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Summary of Brian Wansink s Mindless Eating why we eat

When we eat, we often follow eating scripts, habitual eating patterns of mindless eating. For example, I For example, I fill my plate, clean my plate, and take additional helpings until others I m eating with are finishing.

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