

Literature Review on Eating Pattern

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Abstract: Eating pattern is closely related to our lives, and relevant scholars around the world are constantly devoting attention and energy to related research on eating pattern. This article attempts to review and summarize the research on eating pattern so far, in order to lay a theoretical foundation for future research on eating pattern to a certain extent.

Keywords: Literature Review; Eating Pattern; Theoretical Foundation; Future Research

Eating pattern has attracted the attention of many scholars around the world, and they explore eating pattern from different angles. At present, the research on eating pattern can be divided into theoretical research, and investigation and applied research.

1. Theoretical Research of Eating Pattern

Regarding the theoretical research of eating pattern, some relevant scholars focus on the discussion of the concept of eating pattern, and many of them try to develop specialized theories or theoretical models or cite related theories or theoretical models from other academic fields to comprehensively conceptualize and explain the human eating patterns.

In terms of the discussion of the concept of eating pattern, in the paper called *Dietary Patterns and Risk of Micronutrient Deficiencies: Their Implication for Nutritional Intervention in Ethiopia*, Keffie et al. (2018) defined eating pattern as the quantities, proportions, variety or combinations of different foods and beverages in diets, and the frequency with which they are habitually consumed. In addition, in an article titled *The Healthy Dietary Patterns Highlighted in the 2020–2025 Dietary Guidelines for Americans*, Alyssa Pike (2021) proposed that the eating pattern is the combination of foods and beverages consumed over the course of any given day, week, or year.

In terms of specialized theories or theoretical models of eating pattern, many scholars theorized and explained some of eating patterns based on the characteristics of the eating patterns themselves. For instance, Bruch (1962) introduced the first modern theory of eating disorders, and argued that patients' eating behaviors are the result of mental dysfunction, including body image disorder, inability to correctly interpret or respond to internal signals (such as hunger clues), and low self-esteem. In addition, in the paper called *Restrained and unrestrained eating*, Herman and Mack (1975) proposed a specialized theory, called *Restraint Theory*, to conceptualize and explain the pattern of human restraint eating behavior and its effects. Furthermore, based on the *Restraint Theory* put forward by Herman and Mack (1975), Lowe (1993) proposed the *Three-Factor Model* to better conceptualize and explain the restraint eating behavior.

Meanwhile, in terms of specialized theories or theoretical models of eating pattern, some scholars theorize and explain related eating patterns mainly based on regions or groups with certain common features. In the paper entitled *Mediterranean Eating Pattern*, based on the previous definitions of the Mediterranean eating pattern put forward by related institutions and scholars, Boucher (2017) systematically summarized the characteristics of the Mediterranean eating pattern and proposed the related benefits of this kind of eating pattern. At the same time, Boucher (2017) also tried to explore the possible mechanism of the benefits brought by the Mediterranean eating pattern. Finally, Boucher (2017) discussed the practical application of the Mediterranean eating pattern. What is more, in the academic work titled *A Grounded Theory of Women's Eating Patterns*, based on a comprehensive summary of previous relevant research, based on grounded theory and interview research methods, Robinson (1995) comprehensively explored and theorized the existing eating patterns among women on the basis of analyzing relevant collected data, laying a theoretical foundation for future research on the eating patterns of women.

It is worth noting that relevant scholars have also cited related theoretical models or theories from other academic fields to com-

prehensively conceptualize and explain human eating patterns. For example, in an article called Factors Influencing Healthy Eating Habits Among College Students: An Application of the Health Belief Model, Deshpande et al. (2009) tried to use the health belief model to conceptualize and explain the food choice phenomenon of college students. Moreover, other scholars, such as Hohlstein et al. (1998), Shin et al. (2015), and Verstuyf et al. (2012), have cited expectancy theory, social cognitive theory, and self-determination theory to conceptualize and explain people's eating patterns from different perspectives.

2. Investigation and Applied Research of Eating Pattern

Regarding the investigation and applied research of eating pattern, relevant scholars analyze and study the phenomena related to eating patterns from various perspectives, and create and develop related assessment tools for various purposes.

Some scholars were interested in the actual eating patterns of specific groups and carried out investigations. For instance, Kumar et al. (2020) assessed the dietary diversity and eating patterns of undergraduates from various colleges in India, and found that about three-quarters of the participants had insufficient dietary diversity, indicating that their eating habits were improper, and the results also showed that their eating patterns were unhealthy. In addition, in the paper titled Eating Patterns of Community-Dwelling Older Adults: The Cardiovascular Health Study, Kumanyika et al. (1994) investigated and analyzed the eating patterns of 4643 adults aged 65 and over when participating in the cardiovascular health study.

At the same time, some relevant scholars tended to study and develop the assessment tools of eating patterns. For example, Peters et al. (1994) described the development of self-administered Eating Pattern Assessment Tool (EPAT) in their paper entitled The Eating Pattern Assessment Tool: A Simple Instrument for Assessing Dietary Fat and Cholesterol Intake. In addition, in view of the fact that the symptoms of eating disorders vary greatly by gender, Stanford and Lemberg (2012) developed a male specific eating disorder assessment tool. Moreover, in the article entitled Healthy Eating Vital Sign: A New Assessment Tool for Eating Behaviors, in order to assess eating behaviors related to overweight, Greenwood et al. (2012) created a new tool for eating behavior assessment, namely, the Healthy Eating Vital Sign (HEVS).

What is more, some scholars devoted themselves into the relationship between eating patterns and health status. Typical studies include the article titled Eating Patterns and Risk of Colon Cancer written by Slattery et al. (1998), the paper entitled The Effect of Strict Adherence to a High-Fiber, High-Fruit and-Vegetable, and Low-Fat Eating Pattern on Adenoma Recurrence written by Sansbury et al. (2009). Meanwhile, some relevant scholars also pay attention to the relationship between eating pattern and related psychological phenomena. For instance, the article called From High School to College: Changes in Women's Self-Concept and Its Relationship to Eating Problems written by Hesse-Biber and Marino (1991), the paper titled Eating Habits, Body-Esteem and Self-Esteem in Scottish Children and Adolescents written by Hoare and Cosgrove (1998).

3. Conclusion

From the above discussion, it can be seen that in terms of eating pattern, different scholars have tried to discuss it from a theoretical or practical point of view, and then put forward different concepts, theories, investigation results and related assessment tools.

At the same time, it can also be seen from the above discussion that for future research on eating pattern, relevant scholars can further explore and standardize the concept of eating pattern, and can still try to cite relevant theories or theoretical models in other academic fields to further theorize and elucidate human eating patterns from various perspectives.

Furthermore, based on the above-mentioned further theoretical research results on eating pattern, relevant scholars can further try to investigate more diverse target groups and develop more scientific assessment tools for eating pattern that are more scientific and more in line with people's daily eating habits.

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