What is food psychology?
Food psychology is the study of how our thoughts, feelings and beliefs impact nutritional metabolism and health. This field focuses on the mental processes behind how and why we eat. Most people view the act of eating as being a biological impulse, but research has indicated that our eating habits are significantly influenced by our perception of food as well as various other social and environmental stimuli. For example, in reference to comfort food, Wansink states that “people cognitively connect important past associations with specific foods. Craving ice cream, for example, may stem from a desire to recapture carefree, childhood days” (Galisson, 2001). Meaning that

What do food psychologists do?
Food psychologists conduct studies and research in order to understand whether or not people’s food consumption can be contributed to biological drives or to the own psychological constructs of the individual. Another significant area of this field is concerned on the effect of environmental and social incentives on the food choices that are made. Food psychologists are helpful for people who are suffering from various eating disorders such as bulimia nervosa, obesity, anorexia nervosa, and binge eating.

Degrees in food psychology
To have a career in food psychology, you should have an educational background and integrated degrees as a nutritional therapist, chartered therapist, and hypnotherapist. One of the degrees that can be used in this field is a Master’s or Ph.D. in Health Psychology. These degrees focus on understanding the relationships between distress, health, and mental issues. Other areas that are studied at this level include the effects of medications, developmental and group dynamics, family theory, family therapy, and cognitive, social, and learning therapies.
Color Affects Appetite

Blue is one of the most popular colors in the world, but it is also one of the least appetizing. In a study done on color’s effect on appetite, when food dyed blue was served to participants, they lost their appetite. This could be an evolutionary psychological adaptation, because when humans used to search for food, they learned to avoid foods that were blue, black, or purple because they were often toxic or spoiled. Red, brown, and green are the most popular colors of food (i.e. yams, green beans, cranberry sauce, turkey, stuffing, and pumpkin pie).

Turkey Myths

Many people believe that eating turkey can cause profound neurochemical effects. The myth is that it contains high levels of tryptophan, which is a key ingredient of serotonin and melatonin; it boosts serotonin to make you happy, and melatonin to make you feel sleepy. This theory is completely false. Turkey is not that high in tryptophan, and it doesn't increase the production of serotonin or melatonin any more than pretty much every other meal you eat.

Here's the truth: tryptophan in the brain is essential for the production of serotonin, and some of that serotonin then gets converted to melatonin. All meats contain tryptophan. Tryptophan is just an amino acid—a building block of muscle. Some vegetables actually contain more tryptophan than turkey.

Because turkey contains all the other amino acids, this poses a problem for boosting serotonin or melatonin levels in the brain. Tryptophan can't get into the brain when all the other amino acids are floating around in the blood stream. Interestingly, a good way to boost the relative levels of tryptophan in the blood stream is to eat carbohydrates. The high-carb foods may have more to do with you feeling good than the turkey (a.k.a. those mashed potatoes).

This volunteer opportunity is located at the Sharp Memorial Hospital. It focuses on the healing of patients beyond just the medical aspect. Sharp HealthCare’s Arts for Healing Program is designed to address the physical, psychological, cognitive, spiritual and social needs of patients. The program aims to provide comfort and relieve stress and anxiety for both patients and their loved ones, often leading to a faster recovery. The program’s projects and activities include: art projects, beading, card making, painting, seasonal crafts, and much more.

The requirements and commitments for this are: being 18 years or older, going through an orientation/training process, and committing to 1 year of volunteering.

For more information visit: http://www.volunteermatch.org/search/opp1776647.jsp

Important Dates to Remember!!!

- November 12: I/O Psychology Outreach Committee Discussion Panel
  - Located in LS 101 at 4:00 pm
- November 14: Psy Chi initiation Ceremony
  - Tickets are on the Facebook page or in the Psy Chi office
- November 20: Psychology undergraduate advising applications due
- November 26-28: Thanksgiving Break
- December 1: most psychology graduate school apps are due
- December 11-17: Finals Week
- January 21: First day of spring semester
- February 3, 2015: Deadline to apply for graduation in May 2015 and August 2015
WE'RE GETTING TECHNOLOGICAL!

November, 2014

Check out our New Webisodes on our Youtube Channel!!
Here is the link to our first video: https://www.youtube.com/watch?v=Wvv-TopkL78
This month’s video features a sneak peek inside the office, shows where it’s located, what services and resources we offer, and more.

Also check out our New, revamped Psychology Undergraduate Advising Website!
Here is the link: sdsupsychadvising.weebly.com
It features a live feed of our Twitter for updates, link to our Facebook account, advisor bios, a suggestion box, and a list of the resources we have in the office as downloadable handouts. Make sure to use our new hashtag #sdsupsych on Instagram and Twitter when you come into the office!

The Psychology Undergraduate Advising Office!!!!!!

TELEPHONE: (619) 594-5412
ADDRESS: 5500 Campanile Drive, San Diego, CA 92182 Life Sciences 105
EMAIL: psychology.advising.sdsu@mail.sdsu.edu
WEBSITE: http://www.psychology.sdsu.edu/advising/advising.htm

Know any psychology jokes?

I'm a-Freud not.