

References

Travelling Light - Helping clients to avoid weight gain on vacation

Sue Baic

1. Sun, X., Du, T. Trends in weight change patterns across life course among US adults, 1988–2018: population-based study. *BMC Public Health.* 2023;23(1):2168. doi.org/10.1186/s12889-023-17137-x.
2. Walston JD. Common clinical sequelae of aging. In: Goldman L, Cooney KA, eds. *Goldman-Cecil Medicine.* 27th ed. Philadelphia, PA: Elsevier; 2024: Chap 24.
3. Abdulan IM, Popescu G, Maștaleru A, et al. Winter Holidays and Their Impact on Eating Behavior-A Systematic Review. *Nutrients.* 2023;15(19):4201. doi: 10.3390/nu15194201.
4. Maher C, Ferguson T, Curtis R, et al. Weekly, Seasonal, and Festive Period Weight Gain Among Australian Adults. *JAMA Net Open.* 2023;6(7): e2326038. doi: 10.1001/jamanetworkopen.2023.26038.
5. Roberts SB, Mayer J. Holiday weight gain: fact or fiction? *Nutr Rev.* 2000;58(12):378-9. doi: 10.1111/j.1753-4887. 2000.tb01839.
6. Fujihira K, Takahashi M, Wang C, et al. Factors explaining seasonal variation in energy intake: a review. *Front Nutr.* 2023; 10:1192223. doi: 10.3389/fnut.2023.1192223.
7. Diliberti N, Bordin PL, Conklin MT, et al. Increased portion size leads to increased energy intake in a restaurant meal. *Obes Res.* 2004;12(3):562-8. doi: 10.1038/oby.2004.64.
8. Rolls BJ, Roe LS, Meengs JS. The effect of large portion sizes on energy intake is sustained for 11 days. *Obesity.* 2007;15(6):1535-43. doi: 10.1038/oby.2007.182.
9. Hollands GJ, Shemilt I, Marteau TM, et al. Portion, package or tableware size for changing selection and consumption of food, alcohol and tobacco. *Cochrane Database Syst Rev.* 2015 ;9:CD011045. doi: 10.1002/14651858.CD011045.pub2.
10. Rolls BJ, Van Duijvenvoorde PM, Rolls ET. Pleasantness changes and food intake in a varied four-course meal. *Appetite.* 1984;5(4):337-48. doi: 10.1016/s0195-6663(84)80006-9.
11. Kim JY. Optimal Diet Strategies for Weight Loss and Weight Loss Maintenance. *J Obes Metab Syndr.* 2021;30(1):20-31. doi: 10.7570/jomes20065.
12. Thomas JG, Bond DS, Phelan S, et al. Weight-loss maintenance for 10 years in the National Weight Control Registry. *Am J Prev Med.* 2014;46(1):17-23. doi: 10.1016/j.amepre.2013.08.019.
13. Wyatt HR, Grunwald GK, Mosca CL, et al. Long-term weight loss and breakfast in subjects in the National Weight Control Registry. *Obes Res.* 2002;10(2):78-82. doi: 10.1038/oby.2002.13.

14. Westenhoefer J, von Falck B, Stellfeldt A, et al. Behavioural correlates of successful weight reduction over 3 y. Results from the Lean Habits Study. *Int J Obes Relat Metab Disord*. 2004;28(2):334-5. doi: 10.1038/sj.ijo.0802530.
15. Paixão C, Dias CM, Jorge R, et al. Successful weight loss maintenance: A systematic review of weight control registries. *Obes Rev*. 2020;21(5): e13003. doi: 10.1111/obr.13003.
16. Phelan S, Wing RR, Raynor HA, et al. Holiday weight management by successful weight losers and normal weight individuals. *J Consult Clin Psychol*. 2008;76(3):442-8. doi: 10.1037/0022-006X.76.3.442.
17. Santos I, Vieira PN, Silva MN, et al. Weight control behaviors of highly successful weight loss maintainers: the Portuguese Weight Control Registry. *J Behav Med*. 2017;40(2):366-371. doi: 10.1007/s10865-016-9786-y.
18. Varkevisser RDM, van Stralen MM, Kroese W, et al. Determinants of weight loss maintenance: a systematic review. *Obes Rev*. 2019;20(2):171-211. doi: 10.1111/obr.1277211.
19. Andrade AM, Greene GW, Melanson KJ. Eating slowly led to decreases in energy intake within meals in healthy women. *J Am Diet Assoc*. 2008;108(7):1186-91. doi: 10.1016/j.jada.2008.04.026.
20. Cox JS, Elsworth R, Perry R, et al. The feasibility, acceptability, and benefit of interventions that target eating speed in the clinical treatment of children and adolescents with overweight or obesity: A systematic review and meta-analysis. *Appetite*. 2022; 168:105780. doi: 10.1016/j.appet.2021.105780.
21. Fagerberg P, Charmandari E, Diou C, et al. Fast Eating Is Associated with Increased BMI among High-School Students. *Nutrients*. 2021; 13(3):880. doi: 10.3390/nu13030880.
22. Tanihara S, Imatoh T, Miyazaki M, et al. Retrospective longitudinal study on the relationship between 8-year weight change and current eating speed. *Appetite*. 2011 ;57(1):179-83. doi: 10.1016/j.appet.2011.04.017.
23. Frayn M, Livshits S, Knäuper B. Emotional eating and weight regulation: a qualitative study of compensatory behaviors and concerns. *J Eat Disord*. 2018; 6:23. doi: 10.1186/s40337-018-0210-623.
24. Ha OR, Lim SL. The role of emotion in eating behavior and decisions. *Front Psychol*. 2023; 14:1265074. doi: 10.3389/fpsyg.2023.1265074
25. Modrzejewska A, Czepczor-Bernat K, Brytek-Matera A. The role of emotional eating and BMI in the context of chocolate consumption and avoiding situations related to body exposure in women of normal weight. *Psychiatr Pol*. 2021;55(4):915-930. English, Polish. doi: 10.12740/PP/116515.
26. Ogden J, Wood C, Payne E, Fouracre H, Lammyman F. 'Snack' versus 'meal': The impact of label and place on food intake. *Appetite*. 2018; 120:666-672. doi: 10.1016/j.appet.2017.10.026.

27. Cruwys T, Bevelander KE, Hermans RC. Social modeling of eating: a review of when and why social influence affects food intake and choice. *Appetite*. 2015; 86:3-18. doi: 10.1016/j.appet.2014.08.035.
28. Herman CP. The social facilitation of eating or the facilitation of social eating? *J Eat Disord*. 2017; 5:16. doi: 10.1186/s40337-017-0146-2.
29. Higgs S, Bouguettaya A, Ruddock H. Awareness of Social Influences on Eating Is Dependent on Familiarity with Imagined Dining Partners and Type of Eating Occasion. *Front Psychol*. 2022; 13:841422. doi: 10.3389/fpsyg.2022.841422.
30. Kaisari P, Higgs S. Social modelling of food intake. The role of familiarity of the dining partners and food type. *Appetite*. 2015; 86:19-24. doi: 10.1016/j.appet.2014.09.020.
31. Robinson E, Higgs S. Food choices in the presence of 'healthy' and 'unhealthy' eating partners. *Br J Nutr*. 2013;109(4):765-71. doi: 10.1017/S0007114512002000.
32. Warren JM, Smith N, Ashwell M. A structured literature review on the role of mindfulness, mindful eating and intuitive eating in changing eating behaviours: effectiveness and associated potential mechanisms. *Nutr Res Rev*. 2017;30(2):272-283. doi: 10.1017/S0954422417000154.
33. O'Reilly GA, Cook L, Spruijt-Metz D, et al. Mindfulness-based interventions for obesity-related eating behaviours: a literature review. *Obes Rev*. 2014;15(6):453-61. doi: 10.1111/obr.12156
34. Beshara M, Hutchinson AD, Wilson C. Does mindfulness matter? Everyday mindfulness, mindful eating and self-reported serving size of energy dense foods among a sample of South Australian adults. *Appetite*. 2013; 67:25-9. doi: 10.1016/j.appet.2013.03.012.
35. Carrière K, Khoury B, Günak MM, et al. Mindfulness-based interventions for weight loss: a systematic review and meta-analysis. *Obes Rev*. 2018;19(2):164-177. doi: 10.1111/obr.12623.
36. Timmerman GM, Brown A. The effect of a mindful restaurant eating intervention on weight management in women. *J Nutr Educ Behav*. 2012;44(1):22-8. doi: 10.1016/j.jneb.2011.03.143
37. Salvo V, Kristeller J, Montero Marin J, et al. Mindfulness as a complementary intervention in the treatment of overweight and obesity in primary health care: study protocol for a randomised controlled trial. *Trials*. 2018;19(1):277. doi: 10.1186/s13063-018-2639-y.
38. Wansink B. *Slim by Design: Mindless Eating Solutions for Everyday Life*. 2016.