

## **Abstract Title**

Do middle-aged men enjoy the taste of health-promoting foods?

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## **Abstract**

**Introduction:** Food intake and choices are influenced by a wide array of factors, including taste appreciation. Taste appreciation appears to be particularly important for men, and could also be a significant determinant of their levels of satisfaction postprandially.

**Objectives:** To 1) describe the relative importance of factors influencing food choices and 2) compare taste appreciation of five foods selected for their potential health benefits.

**Methods:** Thirty-two men with (n=14, group 1) or without (n=18, group 2) type 2 diabetes (T2D) or prediabetes were recruited through posters and flyers. Participants were asked to rank-order 11 factors that could influence food choices. They were also offered 20g of the five foods (almonds, pistachios, avocados, boiled eggs, and oatmeal) in a random order, and were asked to rate their taste appreciation on 100mm visual analog scales. A one-way ANOVA with Tukey post-hoc tests were used to compare taste appreciation of the five foods. T-tests were used to assess differences in taste appreciation between groups.

**Results:** In both groups, the most important factor influencing food choices was participants' own taste. Food cost and recommendations of a health professional were more important in participants with T2D or prediabetes. Except for oatmeal, all foods had a mean taste appreciation >60mm. There was a significant overall difference in taste appreciation of the five foods (F=14.37, p<0.001). Almonds, pistachios, avocados, and eggs were more appreciated than oatmeal (all p<0.05), and pistachios were more appreciated than avocados (p<0.05). There was no difference in taste appreciation between groups.

**Conclusion:** Taste was reported as being the most important factor influencing food choices and, besides oatmeal, all tested foods seemed well appreciated.

**Significance to the field of dietetics:** As a well-recognized and important determinant of food intake and choices, taste appreciation should be taken into consideration when making dietary recommendation in clinical contexts.