

# The deconstructing of meals: what are the behavioral and physiological consequences.

## PhD :

Xavier ALLIROT

## Preview :

The rhythms of food intake represent a fundamental aspect of nutrition. Their deconstructing through the multiplication of food intakes can have major effects on health. This study measured the consequences of fractional meals on satiety and appetite control, both on eating behavior and the physiological aspects. It has allowed it to be substantiated that the increase in the frequency of food intakes induces different choices for people with normal weight as opposed to overweight individuals. The expected benefits of these results are better knowledge of new trends in eating habits and the development of recommendations, particularly for overweight individuals, enabling food intakes to be adapted all throughout the day.

## Supervisor :

Martine Laville

## Graduate School :

EDISS - Université Lyon 1

## Partners :

- Fondation Nestlé France
- CRNH Rhône-Alpes
- Université Lyon 1
- HCL
- Thermes de Brides-Les-Bains

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## Career

- > [PhD Position - HealthFerm - Social Science](#)
- > [Social Science Research Scientist F/M](#)
- > [PhD Position - Computational Neuroscience - Cognitive Neuroscience](#)