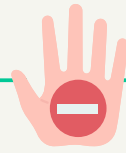# The FoodT Research Timeline

**Food Trainer**
The healthy eating app

## 2008

One of our team shows that inhibiting responses to specific images (words) can be trained, becoming automatic (Verbruggen et al 2008).

## 2010

A Dutch team publishes the first "lab" study showing that training response inhibition to pictures of food results in less consumption (Houben et al 2011). We also find it reduces food intake by 30% after one training session.

## 2014

We and others publish the first "real-world" studies of food inhibition training, showing that 4 short sessions of training can help people to lose weight, eat less (220 kcal per day ~ a doughnut), and reduces the appeal of snack foods (Veling et al., 2014 and Lawrence et al., 2015).

## 2016

A combined (meta) analysis of 13 "lab" studies confirmed that training inhibition to food images reduces food intake in the short-term. Effects were greater for easier training tasks with more accurate inhibition to food (Jones et al 2016).

## 2017

As part of an international research team we show that 4 weekly sessions of a combination of food training tasks (that target response inhibition, attention and working memory) reduces body fat and brain reward responses to food (Stice et al., 2017)

## 2018

We and others show that food inhibition training helps children (aged 4-11) eat less and make healthier choices (Porter et al., 2018 and Folkvord et al., 2016)

## 2019

We show that training response inhibition to meat helps people eat less meat (Camp and Lawrence, 2019).

## 2020

We show that training response inhibition to food may help people to have fewer binge and eating disorder symptoms (Chami et al., 2020 and Keeler et al., 2021).

## 2021

We show that playing FoodT is associated with reduced snacking. Stronger effects are seen in those who play it more often and with more time between sessions (Aulbach et al., 2021).

University of Exeter

Learn more at www.exeter.ac.uk/research/foodt/