

## Literaturangaben

### „Downsize me“: Kleinere Portionen sind wesentlicher Hebel gegen Übergewicht Pressemeldung, 17. September 2020

Colapinto CK, et al.: Children's preference for large portions: Prevalence, determinants, and consequences. J Am Diet Assoc. 107:1183-1190 (2007).

Dobbs R, et al.: Overcoming obesity: an initial economic assessment. A discussion paper by the McKinsey Global Institute. [www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/how-the-world-could-betterfight-obesity](http://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/how-the-world-could-betterfight-obesity) (Zugriff 22.04.2020).

Hetherington MM, et al.: Understanding the science of portion control and the art of downsizing. Proc Nutr Soc. 77(3):347-355 (2018).

Kling S, Roe L, Keller K, Rolls B: Double trouble: Portion size and energy density combine to increase preschool children's lunch intake. Physiol Behav 162: 18-26 (2016).

N.N: Food and nutrition tips during self-quarantine. [www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/food-and-nutrition-tips-during-self-quarantine](http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/food-and-nutrition-tips-during-self-quarantine) (Zugriff 22.04.2020).

OECD: The Heavy Burden of Obesity: The Economics of Prevention, OECD Health Policy Studies. OECD Publishing, Paris (2019).

Raghoobar S, et al.: Served Portion Sizes Affect Later Food Intake Through Social Consumption Norms. Nutrients. 11:12 (2019).

Robinson E, et al.: When a portion becomes a norm: Exposure to a smaller vs. Larger portion of food affects later food intake. Food Qual Prefer. 75:113-117 (2019).

Robinson E, Kersbergen I: Portion size and later food intake: evidence on the "normalizing" effect of reducing food portion sizes. Am J Clin Nutr. 107(4):640-646 (2018).

Rogers PJ: Combating Excessive Eating: A Role for Four Evidence-Based Remedies. Obesity 26 Suppl 3:S18-S24 (2018).

Schwartz J, Byrd-Bredbenner C: Portion distortion: Typical portion sizes selected by young adults. J Am Diet Assoc. 106:1412-1418 (2006).

Wansink B, Ittersum K, Painter J: Ice Cream Illusions: Bowls, Spoons and self-served Portion sizes. Am J Prev Med 31: 240-243 (2006).

Wansink B, Van Ittersum K, Painter JE: Ice cream illusions: Bowls, spoons and self-served portion sizes. Am J Prev Med. 31:240-243 (2006).

Young LR, Nestle M: Expanding portion sizes in the US marketplace: Implications for nutritional counseling. J Am Diet Assoc. 103: 231-234 (2003).

Young LR. The Portion Teller: Smartsizes Your Way to Permanent Weight Loss. Morgan Road Books, New York (2005).

Zlatevska N, Dubelaar C, Holden S: Sizing Up the Effect of Portion Size on Consumption: A Meta-Analytic Review. JM. 78:140-154 (2014).