**IDEOLOGICAL FOOD CHOICE MOTIVES**

**Information:** The term ideological reasons denotes here the vast array of food choice motives whose common feature is that food is selected (or rejected) because it is in harmony (or conflicts) with one’s view of life.

**References**:

Lindeman, M., & Stark, K. (1999). Pleasure, pursuit of health, or negotiation of identity? Personality correlates of food choice motives among young and middle-aged women. Appetite, 33, 141-161. doi: 10.1006/appe.1999.0241

Lindeman, M. & Stark, K. (2000). Loss of pleasure, ideological food choice reasons and eating pathology. Appetite, 35, 263-268. doi: 10.1006/appe.2000.0357

**Instruction and scale:**

The participants are asked to indicate whether they agree with the statements (1=strongly disagree, 5=strongly agree). After the last item the participants can be asked to indicate in an open-ended item which ideological or religious considerations typically affect their food choice, if they endorsed any.

**Items:**

I avoid eating some foods because eating them would conflict with my values

Because of my view of the world, there are some foods which are inappropriate for me

The food I eat tells something about my values and attitudes towards the world

My philosophy of life is manifested in my food choices

My outlook on the world has nothing to do with the food I eat *(negatively scored)*

The food I eat tells something about my spiritual life

I have an ideology or religion which affects my eating habits