

Primal Instinct: Formation of Food Aversion

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Abstract : This paper analyzes the formation of human food aversion from a biological perspective. It points out that this biased behavior is formed through the accumulation of long-term survival and life experiences. By introducing the "Food Chain Energy Pyramid" model and the analogous deduction of the "Human Food Aversion Pyramid," with energy conversion efficiency as the primary reason, it analyzes the underlying reasons for the formation of food preferences. Food industry professionals can gain inspiration from this article to combine the theory presented with their expertise in order to leverage product quality and promote environmentally conscious practices.

Keywords : food aversion, food preference, energy conversion efficiency, food and culture, nutrition, research and development

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