

A small project on elderly focusing neophobia and food preferences

Where: Three small towns in southern Sweden (Växjö, Ystad and Kristianstad)

When: Pre-pandemic

Participants: ~ 275 rps, 70 to very old, mainly women

Aim: Study changes in food neophobia and food preferences "now" and "then"

Some very preliminary and overall results

	THEN	NOW
Neophobia		
Preferred everyday food	Meat	Fish
Preferred food festivities	Meat	Meat
Preferred everyday drink	Water	Water
Preferred drink festivities	Beer/Wine	Wine



Considerations: Cognition (food, neophobia, scales)