

Cravings Snack Wheel • NFSC 460

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Our group developed a Cravings Snack Wheel to be used as a nutritional aid in helping people with cravings zero in on something that would satisfy their craving. The wheel can be turned to show different options depending on flavor and sensation. It works as an interactive piece to give the hungry person time to consider their choices as well as be mindful about their hunger. For example, instead of simply thinking, “I’m hungry!” the user of the wheel will take the time to consider what kind of snack they are craving.

There is an outer wheel with commonly craved flavors, such as “savory,” “salty,” “spicy,” and “sweet” which are then matched up with an inner wheel, with the sensations “crunchy” and “creamy” as well as the more specific flavors of “fruity” and “chocolate”. Once aligned with each other, the wheel offers two choices meeting those flavors and sensations: a “Healthy Option” and a “Must Have It!” offering is then shown. In this way, the hungry person can decide if they want to satisfy their craving with something that is beneficial to their health, or go for a junk food-like selection, which sometimes is the better choice than trying a bunch of other “healthy” items first before ultimately caving, leading to a cycle of “failure”. Instead of using portions to control the amount of either selection, the back of the wheel reminds the hungry person to think about what and why they are craving, and gives pointers as to how the person can learn to eat their snack mindfully.

The reading level is fairly basic, with the most complex word being the phrase “intuitive eating” which was defined right after it was used. By using Word’s readability tool, it determined the piece had a Flesch-Kincaid Grade Level of 5.3.

The wheel was tested by asking random people if it helped them find something to eat that met their cravings, and if they understood the importance of intuitive eating as a result of the piece. The greatest debate was regarding what food selections to include on the wheel in the different categories, as it was difficult to include as many as we did. We supplied 32, and there were discrepancies between perceived healthfulness of choices on the wheel as well as if a food item was too specific or obscure. For the most part, people saw the selections and ended up zoning in on their craving, even if it was something completely different from what was listed. The thought process played an important roll, however, and while the polls taken of the people trying out the wheel were informal, they did help us realize that we were educating people as to the importance of intuitive eating.