

Cultural capital and dietary behavior: A qualitative study in Sargodha city

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Abstract

In the field of human science, social capital includes the social assets of individual (guidance, shrewdness, style of talk, style of dress, etc.) that advance social flexibility in a defined society. Social capital limits as a social-association inside an economy of practices (game plan of exchange), and contains the total of the material and significant items, without capability, that society ponders exceptional and worth pursuing. As a social association inside a game plan of exchange, social capital fuses the accumulated social data that presents monetary prosperity and power. Qualitative research were conducted to investigate the cultural capital and dietary behavior the universe for the present study were the city area of Sargodha. Some are students and some are professionals. Purposive sampling is consider more beneficial for selection of small sample from small geographical areas. The data was collected from 15 participants. The findings of research were according to expectations. People like home made food instead of fast food. Families do not prefer to go outside for eating. People are more conscious to health which is good thing. The date which was collected my some hostelized girls they also prefer traditional food not fast food.

Introduction

Cultural Capital

Throughout the 1980s, as given theory for in Abel (2007), Bourdieu gave a theory that point out trade among objects and non measureable assets as the point of convergence of a wide examination for social irregularity, definition and conflicting spread of force. His work displayed that the

economy of an overall population go past the degree of the supposed money related set apart of that society, and in result it can't be completely observed exceptionally to the extent financial wealth alone. Moreover, his work demonstrated that various sorts of assets similarly are fundamental for considerate the astounding patterns of communal partition in present day societal requests, explicitly societal and public. In any case, as both money related and social capital are key segments for social 20 capability and social divergence the aim in this proposition will be on social capital, and joined social capital particularly. The explanation concerning for what reason is two-fell. At first, when appeared differently in relation to financial or social capital, social capital has so far been given rather little thought while depicting the creation and imitation of prosperity differences, for instance, dietary differentiations on the establishment of society food choices.

Cultural assets is extensively identified as one of the late Pierre Bourdieu's signature ideas. Certainly, twenty years after texts along with Bourdieu and passion's duplicate had been relaxation translated, they keep to play a sizeable role in English-language sociology. The idea of "capital" has enabled researchers to view tradition as a aid one that offers get right of entry to to scarce rewards, is problem to monopolization, and, under sure conditions, may be transmitted from one era to the next. As a result, emphasis on cultural capital has enabled researchers in various fields to area lifestyle and cultural techniques on the middle of analyses of numerous elements of stratification. In Bourdieu's very own work, the idea was used most prominently in research on training and intake and taste.

Bourdieu fostered the idea of social capital with regards to his instructive examination, and it is in the social science of schooling that it sustainedly affects English-language crowds. For sure, Bourdieu's contentions concerning society are presently a staple of reading material in the human science of education.⁵ Moreover, in practically all financially progressed nations, schools assume a vital and filling part in the transmission of benefit across ages. In this way, any complete appraisal of the idea of social capital must essentially understood its job in training.

Dietary behaviors

Dietary conduct is a wide term that incorporates sustenance choice and perspectives, dealing with take a shot at, expending less calories, and eating-related issues, for instance, bulkiness, dietary issues, and dealing with messes up. Inside the setting of social drug, eating conduct investigate bases on the etiology, expectation, and treatment of huskiness and dietary issues, similarly as the headway of keen slimming down plans that help regulate and thwart sicknesses, for instance, diabetes, hypertension, and certain dangerous developments.

Cultural Capital Theory

Bourdieu's difference (1999) was at the beginning posted in 1979, and translated into English in 1984. The ebook, his valuable contribution to educational paintings, illuminates the profound connections among social elegance and tradition in France on the premise of material gathered within the Sixties. A version of class shape and a existence route analysis of sophistication replica is offered. The tradition of folks that rule becomes the most distinguished, for this reason becoming a category sign that shapes character life probabilities and maintains magnificence domination. This will become cultural capital, that's as relevant as economic capital itself inside the magnificence structure machine. Social capital, 'a capital of social connections, honorability and respectability' (Bourdieu 1999: 122) is a third issue within the social class placement device.

Social capital creates in three unmistakable states: combined ("exemplified" for instance qualities and capacities), objectified ("embodied" for instance responsibility for, word references, instruments), and arranged (for instance educational abilities). Combined social capital, "the sort of reliable airs of the cerebrum and thus the body", includes socialization, singular endeavor, and instance theory, and transforms into a zone of the persons habits. it's hard to give solidified social cash to someone else , as would be possible with monetary assets or objectified social capital. Laree and Feininger ask intertwined social capital as "the valid social attitudes,

tendencies and practices that are masked during the socialization methodology". For monetary aberrations in sustenance choice direct, we foresee that combined communal assets ought to have the possible to skip on the fundamental chain between budgetary place and sustenance selection. In examination, researcher gauge to look out the most grounded relationship of social assets with sustenance selection for the melded condition. Moreover researcher focused on the centrality of joined shared principal for prosperity lead, according to Bourdieu.

Therefore, Bourdieu asserts, the private geste of individualities depends on public conduct, in the same way as the public vision of the social is deeply involved in the social and artistic vision of domestic effects. The public is present in the veritably notion of sequestration. In Bourdieu's view, this explains why one of the major conditions of the accumulation and transmission of profitable artistic and emblematic boons derives from having a 'normal' family. Indeed, family is, for Bourdieu, a 'normal' family, where one has 'the honor of being conforming to the norm, and thus enjoying the emblematic profit of normalcy.

Alongside social capital, Bourdieu portrayed two distinct sorts of income to portray the structure of lifestyle credits connected to social class: financial assets and communal assets. Monetary capital consolidates each and every one wellsprings of compensation; social assets incorporates the "absolute of the genuine or potential social resources getting from bundle enlistment". Budgetary and public resources are associated with communal resources by the passageway they provide for guidance and relational associations (for instance instructive expense and club-enlistment charges). The opposite path around, collective assets chooses assortment and plan of money related and social capital; for instance, guidance may offer admittance to profitable businesses, and mutual values and characteristics are critical to enter firm casual chain.

We analysis explanations of the connection between low SES and appalling practices and the check assist them with having gotten. In focusing

on the frameworks that speak to the associations among SES and prosperity rehearses, we review concentrates from human science, money related viewpoints, and general prosperity that go dazzling and that offer information into the wellsprings of prosperity uniqueness. These assessments see that SES contrasts in prosperity direct incorporate more than uninhibitedly picked lifestyles. Disregarding what might be typical, the clarifications concentrated under suggest that undesirable practices result from the enormous contrasts in the social conditions of low-and high-SES parties. Our care regarding the social start of thriving direct discredits points of view that disregard how SES structures public activity. For several reasons, we limit the flourishing practices we look at .Avoidance of tobacco, joint effort in actual work, and support of genuine weight and diet consolidate practices that, irrefutably for smoking and by most records for the others, advance success and develop life length. These practices correspondingly contrast from others that depend much more straightforward on having the financial benefits for buy flourishing.

It looks great that the less wealthy have less chances to experience typical preventive clinical tests and screenings, to work at occupations with low actual danger or contact with perilous materials, to live in generally around produced lodging in safe neighborhoods with low soiling, and to drive safe vehicles. Notwithstanding the way that finances relate by one way or another or another to tobacco end (paying for coordinating), work out (joining rec focuses and clubs), and incredible eating routine (buying new verdant nourishments or lean meats), money in any case isn't a need everything considered for other prosperity rehearses. Tobacco use, suddenly, remembers significant money related costs for ordinary about \$1638.

From a sociological perspective the significance of social segments go past prosperity appropriate customer choices for items and ventures, or unequivocal prosperity rehearses. Kamahis make clear it depend upon one's sociocultural capital, for instance, data, capacities, characteristics and guidelines. Which along these lines, by techniques for socialization cycle and auras, shape individuals to get same inside each social group, and age and as

such sets up the system of one's way of life? Regardless, one could in like manner battle that like wealth prosperity is something not probably "given conventionally" - it is adequately confined and kept up at all periods of life and in all conditions of society.

Prosperity has for since a long time prior been appreciate as something given normally just to be restored or fixed because of incapacitation or adversity. Regardless, one could in like manner fight that, similar to means prosperity is which is not simply "given normally" - it is successfully conveyed or kept up at all times of life and in components of society. Pierre Bourdieu make clear as Kamahis how prosperity and standard of living practices may suitably be at risk to class capability through their 'inclination' for different lifestyle properties, for instance, cooking tastes which are made through social capital, "a non-material reserve that sum up for the length of the presence course.

As per Bourdieu, social capital assumes a huge part in delineating individuals by making a Market of representative products. Taste, language, music and different types of social merchandise are imagined as items that might be utilized for business purposes and individual increase, much as different types of material and social capital. However social capital might be tactfully and, surprisingly, subliminally utilized, it can assume strong part in getting information, tastes, and sensibilities for people who assistant might make an interpretation of these qualities into upper hand among peers for distinction^ and position inside their specific social designs. If indeed social capital has equivalent characteristics to different types of capital, then it might likewise be a fact that collection of such capital prompts further developed wellbeing results.

In show scorn for the way that taste furthermore is associated with money related capital, it by and large relates to communal capital as taste leftovers stable in like manner when people recompense increase after some time, and on account of that reflect certain social principles and characteristics furthermore, Bourdieu battles that way of life selrction are

obliged just as formed by life prospects, and despite the way that individuals pick their standard of living, they don't so purposefully - as inclinations go in front them towards explicit choices and that these selection again will when all is said in done reflect class position as people in a comparative social class share comparable penchants. it has been recommended that class ethnicity may affect food affinities, and these inclinations in this manner all things considered help copy class culture (Abel et al, 2000).

Cultural capital and Dietary Change & well being

Truly, the general thriving way to deal with oversee dietary change hints the express craving to move miserable dietary practices in to a more 'charming' course to upset future hardship. Regardless, as conveyed dismissing the way that the uncertainty that information shapes lead radiate an impression of being clearly undeniable, research propose that giving data about risk, for example, making overweight or diabetes, doesn't significantly affect social orders' food direct. In any case, if it slaughters killing psychosocial and other social cutoff points. For instance, changing from spread to margarine as a strategy for decreasing dietary fat, or eating verdant sustenances to develop dietary strands is plainly central. Anyway, solitary dietary direct change proposes different going with choices. Moreover, in the event that dietary change were fundamental, by spread of data would ordinarily incite direct change.

Notwithstanding, as examination show - while how much individuals attempting to change segments of their practices, for example, changing their eating plan, is high, the degree accomplishing reasonable change is low. They endure regardless of abundant endeavors to illuminate everyone with information about way of life decisions and the prerequisite for changing perspectives and affinities to further develop flourishing and flourishing. Since, regardless of the way that information about success direct joins is a fundamental consider a decent decision concerning major areas of strength for a, information is only one of several psychological relates of thriving practices. A wide creating survey investigating why low-SES packs significantly more regularly participate in undesirable practices. That's what

they found, other than monetary objectives, SES can affect the motivations for sound immediate as low SES parties might feel they have less explanation than high-SES social affairs to leave the fluttering joys of unfortunate lead, for significant length expansion in life length. Clashes connected with pressure, restricted clinical good conditions, class detachments and information on risk each underline how SES structure perspectives in sound direct. Also, SES can likewise affect the techniques to appear at success objectives. This audit correspondingly found that yet all SES social events might have relative requirements for sound practices, those in low SES groups experience more obvious trouble in grasping theirs objectives. This is maintained by earlier assessments, for example analysts saw that the diminished lifetime pay and wealth of low-SES packs give them less motivation to put resources into future, and more motivation to zero in on the present in coming to conclusions about thriving practices.

Wellbeing has for since quite a while ago been comprehend as something given commonly just to be reestablished or fixed on account of debilitation or misfortune (Abel, 2007). Notwithstanding, one could likewise contend that, like riches wellbeing is something not just "given commonly" - it is effectively delivered and kept up at all phases of life and in all components of society. Pierre Bourdieu make clear how wellbeing and way of life practices may likewise be liable to class differentiation through their 'desire' for various way of life ascribes.

Moreover, as explain in Abel et al (2000), Bourdieu battles that lifestyle choices are obliged as well as shaped by life prospects, and in spite of the way that individuals pick their lifestyle, they don't so persistently - as penchants lead them towards explicit choices and that these choices again will overall reflect class position as people in a comparative social class share comparable penchants. it has been suggested that class culture might affect food affinities, and these penchants accordingly with everything taken into account help rehash class culture (Abel et al, 2000).

Objectives

- 1) To investigate links of socioeconomic position with cultural capital and food behavior, and of cultural capital with food behavior
- 2) To design a interview guide to investigate cultural capital for food behavior.
- 3) To explore the cultural factor making the dietary behavior of low income family in area.

Justification of research

Generally, the general wellbeing way to deal with dietary change alludes to the unequivocal expectation to move undesirable dietary practices in to a more 'alluring' bearing so as to forestall future disease In any case, as expressed despite this fact that supposition that information shapes conduct appear to be plainly obvious, research recommend that giving data about danger, for example, creating overweight or diabetes, doesn't have a lot of impact on people groups' food conduct. Except if it defeats neutralizing other social boundaries. For example, altering from spread to lard as a method of lessening nutritional heavy, or eating leafy foods to increase nutritional strands is apparently straightforward. Be that as it may, solitary dietary conduct change infers various going with choices (Nestle et al, 1998). Besides, in the event that dietary change were straightforward, at that point spread of data would naturally prompt conduct change. Anyway as exploration shows the amount of individuals attempting to vary parts of the practices, for example, shifting their eating routine is far above the ground the extent accomplishing manageable adjust is low. They persevere in spite of bountiful endeavors to illuminate people in general with information about way of life decisions and the need for varying perspectives and propensities to develop wellbeing and prosperity.

Research Methodology

Introduction

The section of the philosophy of an exploration paper gives us data by which the legitimacy of our work is judged. This segment responds to the two fundamental inquiries how, first and foremost, was the exploration

information gathered or produced and the second one how was the information examined and the standards and guidelines which were continued in that specific examination. A decent technique is significantly vital to exact check of speculation and lays out a chain for informatin The materials and strategies give a way to the specialist how to finish the course of assortment, investigating, and understanding of information.

Sampling population is the greater gathering, for example, families living in a space, clients of an organization, occupants of a local area, individuals from a gathering, individuals having a place with an association about whom you need to learn about through your examination try, is known as the testing populace or review populace. The universe is commonly defined as a commonly defined as a totality of everything that present. Respondents were from Sargodha. Some are students and some are professionals. Purposive sampling is consider more beneficial for selection of small sample from small geographical areas. The data was collected from 15 participants and sample size was based on the principle of saturation.

Interviews were conducted on phone calls. In keeping with a qualitative approach questions are open ended and take 15 minutes on call to every person. Starting interview was digitally audio-recorded with their permission, and professionally transcribed immediately after each interview. All audio-recording of the interviews and raw transcribed data were stored in a safe place which can be helpful in data analysis.

The sample is a smaller representation of a larger whole. The factors of time, resources and physical limitations usually play an vital role in social researches. Therefore it is more resourceful to base studies on samples rather than study the entire universe. Sample is a small representation of large whole. The present study planned to investigate culture capital in relation to food behavior. The numbers of respondent were 15. Members were enlisted by methods for purposive inspecting.

Data analysis

The motivation behind subjective meeting research is to increase a comprehension of if food conduct might be affected by social assets. This examination was impacted by the point of communal interpretive. when use in sociologies, worried about the hypothesis and translations of significant human activity. This likewise includes famous idea of "Verstehen", which means emphasis is on compassionate comprehension, as specialists for the most part, and furthermore in this investigation, endeavors to see things from that individual's perspective so as to comprehend their perspective on the world.

Results and Discussions

The conversation is partitioned in three sections, one concerning social capital for the witnesses encounters and perspectives toward preparing and food decision, food conduct and one concerning the social capital for the recreation of social disparity in wellbeing.

The significance of encounters with cooking during adolescence got apparent by sources featuring how relatives and particularly their folks brought various encounters and mentalities towards food and preparing. These discoveries relates with past examination stressing what the reason behind the relations is regularly portrayed as a connection between the human being and society, by methods for granting the overall qualities, standards, contemplations and propensities which thus set up the kid to participate in the public arena. In this examination, those of my sources who had practically zero encounters with food preparation during their teenage years had exercises in home monetary during essential and lower optional training. The discoveries of this investigation likewise uphold the discoveries of researcher which explain that for individuals while working inside guaranteed, and secure, monetary edge of alternatives, social assets become an integral factor. Since, while the scope of decisions for wellbeing pertinent purchaser products rely upon money related methods, social capital is the fate of

specific significance for utilizing those budgetary assets for explicit solid decisions, for example, buying sound food.

In spite of the fact that settling on solid food decision in numerous cases can rely upon wellbeing proficiency and cooking abilities, this examination indicated that experience can be of importance. In demonstrate hatred for the way that experience additionally is connected to monetary resources, it generally identifies with social capital. As taste stays stable additionally when individuals' pay increment after some time, and because of that mirror certain social standards and qualities (Kamahis et al, 2015; Belasis and Fredric's, 2008). This is by all accounts exact for this examination also, because of the various understandings about smart dieting set forward by the witnesses. This is in consistence with Busoni, Astra, Selig son and Thompson (2012) expressing that people groups translations about this point is just not a lot of conviction which can be decided as right or off base as indicated by the manners in which researcher examine smart dieting. In actuality, as appeared through this postulation, individuals hold complex multifaceted emotions about this point that might be associated with different pieces of their lives, and all the more critically dependent on close to home information increased through their background. Showing that their own insight may exceed specialists' view and suggestions that doesn't coordinate their own. 'taste' is as indicate by Bourdieu, as an arrangement of classificatory policy created as a characteristic of the habitus which fills in as a sort of communal direction, administration individuals towards the specific communal position that accommodate their qualities and thus towards the training and merchandise, for this situation eatable decisions, that of those in that place. The discoveries in this examination for what it's worth from side to side the pragmatic practice and passionate noteworthiness of food preparation and consumption together that makes people groups' personalities and tastes for food. the relationship between collective practices and social starting points is intervene through conventional instruction, implying that those figure out how to devour culture - however this 'training' is recognized by social class. Hence, it might be less authentic to examine contrasts, for example, the idiom – 'there is no competing about taste' Nonetheless, in various ways this

investigation shows how food priorities certainly have a significant capacity in how individuals group themselves as well as other people, just as how they changes their own choices. Free of where my sources set themselves in the shared pecking order, there were a few tastes of which was described as 'acceptable' and some as 'terrible'. Strangely, notwithstanding the way that other country culture is portrayed by low status contrasts than huge numbers of the Western social commands my sources diet talk describe that there is contrasts which can be related to Birdie's work on how foodstuff sum up to creating, imitating and arranging class personalities and societies. The extra investigation of witnesses foodstuff talk may demonstrate that the varieties in how a portion of sources communicate through food, some so unpretentious they are hardly noticeable. One case of this is slight, apparently irrelevant subtleties, for example, the utilization of 53 ketchup. Besides, from a portion of my sources depictions unmistakably 'the individuals who drink an alternate sort of squash' are instances of philosophical 'others' – as such individuals they would prefer not to be related with. All things considered, there is no uncertainty this decision is only one of numerous instances of how nourishments can educate much regarding the witnesses class liking and social versatility (Bugged and Lamas, 2006).

Conclusion

It is concluded that people of Sargodha does not go out for eating. They like homemade food as compared to fast food or readymade food. There is no trend to go out with family. Young people go out with friends. Parents are very conscious about their children health. They tell them about health diet. Mother cooked meal at home and they eat 2 times in a day

The discoveries in this postulation are in concurrence with discoveries of Wardle which propose that, in the sociologies, the association of food preparation, diet, wellbeing, experience and civilization is immensely unpredictable and roundabout. Moreover, similarly as there are money gap between the rich and poor, so are there seemingly divisions in expertise and knowledge. cooking aptitudes and wellbeing, and nourishing knowledge outline the manner in which individuals devour food similar path as the

accessibility of nourishments decide the sort and scope of cooking to be practical. Besides, the present investigation discovered restrictions for giving individuals nourishing information and a comprehension of the effect of food on their bodies when there is so much that has occurs before in their teenage years, e.g. of establishing the frameworks for standards and qualities attached up to those problems. It is hence, so as to close the hole in the heftiness angle, as a focal part for shutting the general hole in wellbeing disparity, proposed that future wellbeing advancement practices should concentrate on issues of social imbalance and social capital for wellbeing at the beginning phases of intercession arranging. Also, additionally, in concurrence, future wellbeing proficiency mediations should begin with a basic appraisal of the (not) accessible fused societal resources in those particular populace bunches they wish to work with. Moreover, from the viewpoint of social capital hypothesis, such mediations are not just essential interests in individuals' overall social capital just for better wellbeing results, yet in addition for expanding chances for social cooperation and office. in addition, the discoveries in examination begin to highlight the way that in general wellbeing there is a require to focal point on the setting individuals are eating, their mentalities towards eatable things and their 'casing of mention. Also, to have a more sharp practice as these discoveries suggest that individuals might extend a picture related with specific nourishments. What's more, instead of zeroing in on singular conduct change, in spite of the fact that they are effective, intercessions that target informal organizations have by Kim suggested to conceivably upgrade variation and viability of mediations and consequently develop populace wellbeing. The discoveries in examination recommend that individuals offshoot with that of similar colleagues.

Recommendations

- It is miles advised that the identical researches need to be performed on other populations due to the fact there are a number of different regions for destiny research that would make clear or increase the outcomes of the present study beyond those noted in this studies.

- It is suggested that the research should be conducted on Bourdieu's theory of civilizing assets and the educational sector, which may clarify the results related to the educational achievement among students.
- It is recommended that the term self-rated health has a wide meaning, which clarifies with specific signs of health and deeply investigates the association of self-rated health with nature of the work. Because the nature of the work powerfully linked with self-rated health.

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