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Do Routinized Eating Behaviors Support Weight Loss? An Examination of Food Logs From Behavioral Weight Loss Participants

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Objective: Weight loss requires constant effortful decision-making. Following a more routine (vs. varied) diet may allow healthy choices to become more habitual, that is, automatic. The current study examined whether routinized eating patterns predicted success for 112 participants in a behavioral weight loss program. ***Method:*** Using daily food logs from the first 12 weeks of the program, we examined whether *caloric stability* (daily calorie fluctuations and weekday–weekend fluctuations) and *dietary repetition* (percentage of unique foods tracked and percentage of foods logged 10+ times) predicted 12-week weight loss. ***Results:*** Greater dietary repetition (both metrics) and more daily calorie stability were associated with higher weight loss. However, contrary to hypotheses, participants with higher weekend–weekday deviations also had greater weight loss. ***Conclusion:*** Overall, findings suggest that more routinized eating patterns during a weight loss attempt may facilitate success. Future work should confirm these findings with experimental manipulations and identify potential mechanisms of action.

Public Significance Statement
The current study suggests that establishing routines around eating behavior, such as maintaining a stable calorie intake and frequently repeating meals and snacks, can help adults with overweight/obesity lose weight. Because long-term eating behavior is so difficult to measure accurately, more research is needed.

Keywords: obesity, routine, habit formation, dietary variety, caloric stability

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Over 70% of Americans have overweight or obesity (National Institute of Diabetes and Digestive and Kidney Diseases, 2021). The obesogenic food environment in the United States offers virtually limitless options of high-calorie, ultrapalatable foods, making self-regulation of eating behavior extremely difficult (Hall, 2018; Kirk et al., 2010). The human body, which evolved during times when food was scarce, is biologically incompatible with this environment (King, 2013). The food industry has preyed upon this vulnerability, deliberately engineering "ultraprocessed" foods that our appetitive systems are ill equipped to resist, disseminating these foods widely, and marketing them aggressively (Lafata & Gearhardt, 2022). As such, choosing nutritious foods and limiting caloric

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intake require constant, effortful decision-making, which is typically difficult to sustain. One promising but underresearched strategy for improving self-regulation is establishing more repetitive eating behavior, such as maintaining a stable caloric intake across days and repeatedly eating the same foods. The current study explores whether more repetitive eating patterns are associated with greater success during behavioral weight loss (BWL) treatment.

Caloric Stability

In BWL programs, participants work with coaches to determine daily calorie goals that help them achieve their targeted weekly weight loss (Butryn et al., 2011). Whereas some participants choose to strictly adhere to this daily calorie goal every day, others prioritize the weekly average, allowing themselves to be more flexible across days. For example, these participants may choose to "save" calories for special occasions, restricting their intake on the days leading up to and/or after the event (Brown et al., 2001; Forman & Butryn, 2016; Perri et al., 2019). Similarly, they may also allow themselves "cheat days," believing that these days will help them feel less deprived and ultimately more successful in the long term (Agapie et al., 2016; McDonald & Braun, 2022; Murray et al., 2018). Despite this conventional wisdom, little research has explored whether a more variable or stable caloric intake is more effective for weight loss. Currently, standard BWL programs support either option but do caution against especially large fluctuations across the days (Brown et al., 2001; Forman & Butryn, 2016; Perri et al., 2019).

Theories of habit formation suggest that a more stable caloric intake will lead to more effective weight control. When a behavior is enacted repeatedly (e.g., meeting a specific calorie goal each day), that behavior becomes more habitual, that is, more automatic and easier to enact (Neal et al., 2006; Wood & Rünger, 2016). Therefore, an individual with a more repetitive eating pattern may find calorie restriction less effortful. By contrast, a person who varies their caloric intake must continually engage in effortful decision-making regarding how many calories to consume each day.

Preliminary evidence supports this theory. Among National Weight Control Registry participants, a group of highly successful weight loss maintainers, those who self-reported consuming the same calorie intake on the weekends versus weekdays, were 1.5 times more likely to maintain their weight within 5 pounds (Gorin et al., 2004). Similarly, Rosenbaum et al. (2016) found that a more stable caloric intake on weekend versus weekdays, as measured by 24-hr recalls, was associated with greater success during a BWL program (Rosenbaum et al., 2016). Only one study has examined the association of caloric stability with weight loss during a longer assessment period. Among people using the *Lose It* self-help weight loss app ($N > 7{,}000$), those whose weekend calorie average was 500+ calories greater than their Monday calorie average lost less weight than those with less extreme weekday–weekend deviations (Hill et al., 2018). More research is necessary to determine the role of caloric stability across *all* days of the week and whether caloric stability matters for participants enrolled in gold standard BWL treatment, who may receive the support and tools necessary to successfully manage a flexible calorie budget.

Dietary Repetition

In BWL programs, some participants prefer to choose new meals and snacks each day, exploring a wide array of foods and eating in response to what they are currently craving (Spence, 2022; Weaver et al., 2019). Others prefer a meal routine, eating the same repertoire of foods. To date, there is no consensus on whether dietary variety or repetition are more effective for weight control.

Theories of habit formation would suggest that dietary repetition should aid weight control (Wood & Rünger, 2016). Choosing from a large pool of food options requires effortful decision-making, in which one must weigh the hedonic value versus the caloric cost of the food. Furthermore, research suggests that consuming a wide variety of foods increases hedonic drive toward that food, making self-regulation of eating even more difficult (Raynor, 2012). For example, experimental studies consistently show that when presented with a greater variety of foods within a single meal, people consume more calories, ostensibly because each new food offers additional hedonic value that promotes continued eating (Hetherington et al., 2006; McCrory et al., 2012). Conversely, when a person consumes highly palatable foods repeatedly, the pleasure they derive from that food decreases (Raynor, 2012). One study showed that adults with overweight/obesity who were randomly assigned to eat the same snack food for 8 weeks reported less hedonic hunger than those who ate a variety of snacks (Raynor et al., 2006).

Some preliminary evidence shows that dietary repetition can lead to more effective weight control (Raynor, 2012). One study found that members of the National Weight Control Registry, who had all maintained significant weight loss for over a year, reported less dietary variety on a food frequency questionnaire than a comparison group of participants who had recently lost weight through behavioral intervention (Raynor et al., 2005). Thus, the rare individuals who are highly successful with weight loss maintenance appear to have a more repetitive diet. Another study found that greater reductions in the variety of high fat and sweet foods were associated with greater success in the first 6 months of a BWL program (Raynor et al., 2004).

Even so, some researchers assert that *increasing* dietary variety may be the key to effective weight control, perhaps because dietary variety is closely tied to better nutritional status (independent of weight; Murphy et al., 2006). This assertion comes from studies showing that greater dietary variety is cross-sectionally and longitudinally associated with more effective weight control (Vadiveloo et al., 2016; Vadiveloo & Parekh, 2015). However, the measures of variety used in these studies are conflated with overall dietary quality, making it difficult to identify whether dietary variety or quality was driving the associations. Indeed, a systematic review found that only variety within recommended food groups, not overall dietary variety, is associated with lower adiposity (Vadiveloo et al., 2013).

The Current Study

To date, it is unclear whether repetitive eating patterns (both in caloric intake and food choices) are more effective for weight control than flexible eating behavior. Most of the literature on this topic has used food frequency questionnaires that summarize intake across many weeks or months, which are subject to recall bias (Gago et al., 2021; Kristal et al., 2005), or used detailed food

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recalls that only capture a limited period of time (e.g., 3 days). Accordingly, we cannot conclude whether encouraging a more routinized eating pattern should be a recommended strategy for individuals attempting weight loss.

The current study examines whether more repetitive eating patterns predict weight loss using food logs of adults with overweight/obesity during the first 12 weeks of a long-term BWL program.

Hypothesis 1: Participants with more caloric stability in their food logs will have greater overall weight loss, when controlling for the total number of days tracked during the study period.

Hypothesis 2: Participants who have more dietary repetition will have greater overall weight loss, when controlling for the number of days tracked during the same period.

Method

Sample

The final data set included 112 adults (84.8% women, M_{age} = 52.6 [SD = 10.8]) completing a BWL clinical trial. At baseline, participants had a mean body mass index of 34.5 (SD = 5.3). Although 145 participants were enrolled in the parent trial at baseline, 33 participants were removed from this analysis because they tracked their food on <75% of the days during the 12-week study period. A full day of tracking was defined as ≥800 calories per day, a threshold that has been used in past research (Labonté et al., 2022; Patel et al., 2019).

Procedure

All participants were enrolled in a parent clinical trial that tested the cost-effectiveness of using artificial intelligence to predict the optimal modality of BWL treatment for each participant on a weekly basis. Treatment was delivered entirely remotely. Participants were asked to track their calories using the Fitbit app and to weigh themselves on a study-provided wireless scale daily, as both of these self-monitoring behaviors have been shown to strongly predict weight loss success (Goldstein et al., 2019; Painter et al., 2017). The current sample includes Waves 1–3 (out of seven) of the clinical trial, which had provided data at the time of analysis.

Participants were randomly assigned to either (a) a standard condition, in which they attended weekly group sessions, or (b) an optimized group, in which an algorithm determined whether they should receive a group session, call, or message in any given week by identifying which modality was most effective for them in previous weeks (Forman et al., 2023). For the first 4 weeks of the program, participants in the optimized condition all attended weekly group sessions to learn foundational weight loss skills before the optimized portion of the intervention began. The current study is not concerned with the effects of experimental condition and controls for this in analyses.

To test the current study's hypotheses, we analyzed participants' food tracking data from the first 12 weeks of the program, which was pulled into a study-specific secure web portal using the Fitbit Application Programming Interface. The food tracking data set included all food entries made by participants, the calories from each entry, and the total calories tracked per day. The 12-week time frame was chosen because it is long enough to achieve meaningful weight loss (Ross et al., 2018) and because food tracking adherence tends to decline after this initial period of motivation (Crane et al., 2023). Therefore, food records after 12 weeks are unlikely to provide an accurate representation of participants' eating patterns. Data cleaning and management were conducted using Microsoft Excel, and analyses were conducted using IBM SPSS Statistics (Version 30).

Measures

Total Number of Days Tracked

We recorded the total number of days when participants tracked at least 800 calories during the 12-week period, which was determined to be the best indicator of a valid day of calorie tracking (Labonté et al., 2022; Nezami et al., 2022; Patel et al., 2019).

Caloric Stability

Stability of caloric intake was operationalized in two ways. *Average daily calorie deviation* was the average absolute value of the discrepancy between daily calories tracked and the participant's overall calorie average during the 12-week period. Lower values indicated more daily caloric stability. *Weekend* versus *weekday calorie discrepancy* was defined as the difference between average calories tracked during weekends (i.e., Friday–Sunday) and average calories tracked during the week (i.e., Monday–Thursday). Lower values indicated more caloric stability. For both measures of calorie stability, analyses only included days with ≥800 calories tracked. We included Friday in our definition of weekend because many social events (e.g., parties and happy hours) happen on Friday evenings. Previous literature suggests that Friday dinners are distinct from other dinners of the week and that Friday is best conceptualized as a weekend day in terms of eating patterns (Khare & Inman, 2009).

Dietary Repetition

Dietary repetition was also measured in two ways. Using Excel pivot tables, we first identified how many times each specific food entry was logged within each participant. To be considered a repeat, the name of the entry needed to be an exact match. Entries logged only once by a participant were considered unique foods. Entries logged as "Quick Calories" (Fitbit's feature that allows the user to add calories without specifying the food) were excluded from these analyses. To determine the total *percentage of unique foods*, we divided the number of unique food items by the total number of food entries from the participant, such that lower percentages suggested more dietary repetition. We also identified the *percentage of foods logged over 10 times* by dividing the number of foods tracked more than 10 times by the total number of unique foods tracked. Higher values indicated more dietary repetition. For the dietary repetition measures, we used all entries during the 12-week period, including entries that came from an incomplete day of calorie tracking (i.e., <800 calories tracked).

Before dietary data were analyzed, two coders reviewed all food entries and identified beverages and condiments. Condiments and beverages were excluded from our measures of dietary repetition because they were expected to bias the measures. For example, using ketchup in a wide variety of meals or drinking coffee each

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morning could skew measures of dietary variety toward more repetition. On the other hand, a person who has the same salad every day but uses a different dressing would have food records biased toward more variety. Food entries that the coder was unsure of were brought to consensus by the lead author and the second coder.

Percent Weight Loss

Weights were collected using the wireless scales provided to participants during the study. Participants were asked to weigh themselves daily as part of the study intervention. Baseline weights were calculated by averaging the first three daily weights, and 12-week weights were calculated by averaging the last three daily weights during the study period. For the five participants who did not provide weight data during one of these two time points, weights were pulled from the closest available day (within 4 days). Percent weight loss was calculated by the number of pounds lost during the 12 weeks, divided by baseline weight. Positive values indicate greater percent weight loss.

Statistical Analysis

Descriptive statistics and correlations were run for all study variables. Four multiple linear regressions examined the effect of each independent variable on percent weight loss while controlling for total number of days tracked (because this variable is such a strong predictor of weight loss; Patel et al., 2021) and participants' experimental condition in the parent clinical trial. For each analysis, we removed participants with outliers greater than 3 *SD*s above or below the mean of the independent variable). For *Hypothesis 1*, two participants met this criterion for the analysis with average calorie deviation, and one participant met this criterion for the analysis with weekday–weekend variation. For *Hypothesis 2*, one participant met this criterion and was removed from the analyses with the percentage of unique foods. For all regressions, outliers were excluded if they had a studentized residual greater than 3. One participant met this criterion for each analysis.

Transparency and Openness

Hypotheses and data analyses were preregistered on the Open Science Framework website before conducting the research (Hagerman, 2025). There were two notable deviations from the preregistration. We initially indicated that we would exclude participants with <50% of days tracked; however, we later decided to use the 75% threshold to increase the accuracy of the food tracking data. Furthermore, due to an oversight, we failed to specify our outlier strategy.

Results

Descriptive Statistics

Table 1 presents the correlations and descriptive statistics for all study variables. Participants lost a mean of 5.6% (SD = 2.7) of their body weight and had an average of 78.8 days (SD = 6.04) of valid tracking (defined as ≥800 calories) during the 12-week period. They tracked a total of 105,422 food entries during this period, and 15,626 of these entries were beverages or condiments, leaving a total of 89,796 entries used in the current analyses. Excluding beverages and condiments, 41% of entries were unique foods (i.e., about 60% of entries were tracked multiple times). On average, only 1.4% of foods were tracked more than 10 times. Participants deviated from their overall calorie average by about 200 calories each day (M = 206.51, SD = 113.85) and ate approximately 50 calories more on the weekends than on weekdays (M = 52.08, SD = 93.54). As expected, correlations showed that more days of valid tracking were highly correlated with higher percent weight loss.

Hypothesis 1: Caloric Stability and Weight Loss

Supporting *Hypothesis 1*, lower average calorie deviation predicted higher 12-week weight loss (b = −.006, β = −.21, SE = .00, t = −2.28, p = .025). Thus, more caloric stability was associated with better weight loss. Specifically, for every 100-calorie increase in the average deviation, weight loss was expected to decrease by 0.6%.

Contradicting *Hypothesis 1*, greater weekend versus weekday calorie discrepancy was associated with *higher* weight loss (b = .006, β = .20, SE = .00, t = 2.27, p = .025). For every 100-calorie increase in average weekend–weekday discrepancy, weight loss was expected to *increase* by approximately 0.6%.

Hypothesis 2: Dietary Repetition and Weight Loss

Supporting *Hypothesis 2*, the percentage of unique foods tracked negatively predicted weight loss (b = −.05, β = −.26, SE = .02, t = −2.91, p = .004). In other words, more dietary repetition was

Table 1
Correlations and Descriptive Statistics for All Study Variables

Measure	1	2	3	4	5	6
1. Total number of days tracked	—					
2. Percentage of unique foods	−.216*	—				
3. Percentage of foods logged over 10 times	.189*	−.847**	—			
4. Average calorie deviation	−.227*	.245**	−.199*	—		
5. Weekend versus weekday calorie discrepancy	.035	−.069	−.064	.029	—	
6. Total weight loss percentage	.332**	−.377**	.397**	−.184	.202*	—
M	78.75	40.6%	4.34%	206.51	52.08	5.59%
SD	6.04	12.67%	3.80%	113.85	93.54	2.72%

* p < .05. ** p < .01.

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associated with better weight loss. Specifically, for every 10% decrease in the proportion of foods that were unique (e.g., 15%–5%), the total weight loss percentage was expected to increase by 0.5%.

In addition, consistent with *Hypothesis 2*, the percentage of foods logged more than 10 times was positively associated with weight loss ($b = .16$, $\beta = .20$, $SE = .07$, $t = 2.18$, $p = .031$). Specifically, for every 10% increase in the proportion of foods that were tracked more than 10 times, weight loss increased by 1.6%.

Discussion

The current study used data from 112 participants in a BWL program to determine whether a more routinized pattern of eating, as defined by daily calorie stability and dietary repetition, was associated with more weight loss. This was one of the first studies to use real-time food tracking data to examine the role of routine in weight loss across multiple months.

Dietary Repetition

Supporting our hypothesis, participants with more dietary repetition had greater weight losses over 12 weeks. This association existed even when controlling for the total number of days a participant tracked their food, which is itself highly predictive of weight loss. Notably, participants whose food entries were the majority repeats (i.e., >50%; $n = 91$) had an average weight loss of 5.9%, whereas those whose entries were the majority unique foods ($n = 21$) had an average weight loss of 4.3%. Results support past research showing similar associations using food frequency questionnaires or self-reported perceptions of intake (Raynor, 2012; Raynor et al., 2004, 2005).

These findings are consistent with theories of habit formation, which suggest that repetition helps difficult behaviors become more effortless (Lally & Gardner, 2013). As such, limiting dietary variety may reduce self-control burden during weight loss attempts. On a practical level, repeating meals and snacks can make meal planning and food tracking, some of the most effective strategies for weight loss, more manageable (Goldstein et al., 2019; Hayes et al., 2021; Painter et al., 2017).

The findings contradict past research showing that greater food variety *supports* weight control, which used measures that conflate dietary variety with dietary quality (Vadiveloo et al., 2016; Vadiveloo & Parekh, 2015). The current study did not account for the healthfulness of the repeated foods; rather, lower variety predicted weight loss when all foods were considered together. Future research should examine whether the association of dietary variety with weight control depends on the type of food (e.g., high-calorie vs. low-calorie foods), as some evidence has suggested (Vadiveloo et al., 2013). However, there is also reason to believe that reducing variety overall, even with low-calorie, nutritious foods, may help participants form consistent routines that support weight loss. Even a healthy diet high in variety may increase points of decision-making, making it more cumbersome to calculate calories, versus having go-to meals with precalculated calories.

Caloric Stability

Supporting hypotheses, caloric stability across all days of the week was associated with greater weight loss. These findings support previous studies showing that individuals who self-report less variation in caloric intake across days have more success controlling their weight (Gorin et al., 2004; Hill et al., 2018; Rosenbaum et al., 2016). Results are also consistent with theories of habit formation, which suggest that repetitive eating patterns will help behaviors, such as limiting caloric intake, become less effortful.

Surprisingly, participants with higher caloric intake on the weekends (compared with the weekdays) had *higher* weight loss. This contradicts previous findings showing that more stable weekend–weekday caloric intake predicts better weight control (Hill et al., 2018; Rosenbaum et al., 2016). It is possible that consuming more calories on the weekend allowed participants to feel less deprived, helping them regulate their eating behaviors throughout the week. It is also possible that the weekday–weekend deviations were not large enough to inhibit weight loss. Indeed, a previous study found differences in weight losses only among participants who reported more than 500 extra calories on the weekends (Hill et al., 2018). In the current study, average weekend calorie deviations were all <500 calories (the largest average deviation was 462 calories, which was excluded for being >3 *SD*s above the mean).

Limitations and Future Directions

The most important limitation of the current study is the inherent bias of participants' food records, which are expected to be inaccurate and incomplete. Significant efforts were made to reduce bias in the food logging data, including using only the first 12 weeks of BWL, when calorie tracking adherence is the highest (Crane et al., 2023); only including days with ≥800 calories; controlling for the number of days of food tracking in all analyses; and excluding participants with <75% of days of valid tracking. The threshold of 75% was chosen because missing days of food logs are not random. Rather, a missed day of tracking is strong evidence that the participant is less motivated and less adherent to their intended diet that day (Goldstein et al., 2019; Harvey et al., 2019). Thus, some participants may only track their food on days that they are adhering to their healthy eating plan, leading to misleadingly high scores of caloric stability and (potentially) dietary repetition. Excluding participants who tracked fewer than 75% days was expected to eliminate those who only tracked on highly adherent days, reducing bias in the measures of eating patterns. However, doing so may also have created a biased sample of weight loss participants who were highly motivated and making a conscious effort to consume mostly low-calorie foods. Ultimately, the 75% threshold required for inclusion was our best attempt to balance the bias in the measures of eating patterns and bias in the sample.

Furthermore, all measures involving calorie intake are also expected to be biased because people typically underestimate the calories they consumed (König et al., 2019). To this point, calorie tracking accuracy may have confounded the observed relationship between weekday–weekend caloric variation and weight loss. Although participants who tracked more calories on the weekends (vs. weekdays) lost more weight, this may be because these participants were accurate calorie trackers, not because they were

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actually eating more than their counterparts who tracked less. Indeed, calorie tracking adherence tends to decline on the weekends (Ross et al., 2025). Tracking more calories on the weekend may also be an indicator of higher conscientiousness, which has been associated with better weight control (Gold et al., 2020; Munro et al., 2011).

Measures of dietary repetition may also be biased if/when participants failed to track entire meals and snacks. Furthermore, the system for coding duplicate entries, used to create measures of dietary repetition, was also subject to errors. Using a formula, entries were identified as duplicates only if the names matched perfectly. If a participant named a food something slightly different on its second entry, it would incorrectly be classified as a unique food. Nevertheless, the features of the Fitbit app, which includes an extensive database of prenamed foods and "recently" and "frequently logged" features to log the same food entry multiple times, mitigate concerns that participants were typing new names for every food entry. Therefore, the number of times when a participant logged a duplicate food with a discrepant name is expected to be minimal. However, this system does not work well for ultraprocessed foods with varying flavors (e.g., a different flavor of yogurt).

Despite its limitations, calorie tracking is likely still the best available method to answer research questions about dietary routines. Self-report measures that summarize intake across multiple days, such as the food frequency questionnaire, suffer from recall bias (Naska et al., 2017), and detailed 24-hr recalls can only capture a few days at a time, precluding any conclusions about long-term eating patterns (Bailey, 2021).

Finally, because this study was correlational, causality cannot be assumed in the observed relationships. Preexisting participant differences are a highly likely alternative explanation for the significant results. For example, participants with better baseline self-regulation skills or lower hedonic hunger may be more likely to follow a routinized diet *and* exert more effort into successful weight loss (Leahey et al., 2014; Mead et al., 2021). Future research should use experimental designs in which participants are randomly assigned to follow more repetitive versus more flexible eating patterns to determine which is more effective for weight loss.

Implications for BWL Treatment

In standard BWL programs, participants are often encouraged to incorporate a wide variety of foods into their diet, which is seen as more nutritious, sustainable, and appealing to participants. However, the current study adds to the growing evidence that a more repetitive diet during BWL is associated with more successful outcomes, perhaps because it enhances self-regulation. If experimental studies are conducted in the future and show results consistent with those from the current study, then participants attempting to lose weight should be encouraged to form routines with a rotation of the same meal and snacks.

Existing BWL programs also prescribe daily calorie goals; however, they allow participants to budget their calories flexibly throughout the week (Rosenbaum et al., 2016). Despite the counterintuitive findings with weekend–weekday variation in the current study, caloric stability across the week may be an important feature of effective weight loss, and participants should be advised to prioritize a more stable intake.

Conclusions

Findings suggest that a more repetitive eating pattern (dietary repetition and caloric stability) during a weight loss attempt can facilitate better success. Results are limited by the correlational nature of the study and the inherent biases of calorie tracking data. Future interventions should test whether experimentally manipulating routinized versus flexible eating is associated with more effective weight loss and whether this effect depends on between-person characteristics. Finally, future work should examine the potential mechanisms between repetitive eating patterns and more successful weight loss (e.g., physiological cravings and reduced self-control burden).

Abstracto

Objetivo: La pérdida de peso requiere una toma de decisiones constante y consciente. Seguir una dieta más rutinaria (en lugar de variada) puede permitir que las elecciones saludables se conviertan en un hábito, es decir, en algo automático. El presente estudio examinó si los patrones de alimentación rutinarios predecían el éxito en 112 participantes de un programa de pérdida de peso conductual. ***Método:*** Utilizando los registros diarios de alimentos de las primeras 12 semanas del programa, examinamos si la estabilidad calórica (fluctuaciones calóricas diarias y fluctuaciones entre semana y fin de semana) y la repetición de la dieta (porcentaje de alimentos únicos registrados y porcentaje de alimentos registrados 10 o más veces) predecían la pérdida de peso a las 12 semanas. ***Resultados:*** Una mayor repetición en la dieta (según ambas métricas) y una mayor estabilidad en el consumo diario de calorías se asociaron con una mayor pérdida de peso. Sin embargo, contrariamente a las hipótesis, los participantes con mayores diferencias entre el consumo de calorías de los fines de semana y los días laborables también experimentaron una mayor pérdida de peso. ***Conclusión:*** En general, los resultados sugieren que unos patrones de alimentación más regulares durante un intento de pérdida de peso pueden facilitar el éxito. En futuras investigaciones se deberían confirmar estos hallazgos mediante manipulaciones experimentales e identificar los posibles mecanismos de acción.

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