

Full-Sentence Outline Template

To use this template: This is a **full-sentence** outline. Each numeral or letter of the outline should be followed by a full, complete sentence. Keep the labels in place. This is a flexible template; you may have more or less supporting ideas, evidence, and explanation than included on this template. Adjust to fit your needs while ensuring to complete all necessary elements. Your outline should preferably be in Times New Roman, size 12 font.

Figures 1-4: There are 4 infographics at the end of this template for additional assistance.

Topic: My topic is on Food Noise

General Purpose: The general purpose of my speech is to inform my audience about food noise.

Specific Purpose: My specific purpose is to inform and explore the role that food noise plays on our physical and mental wellbeing.

Thesis Statement: Ever-growing diet trends and online marketing has stimulated food noise amongst many, negatively impacting individual's mental health and relationship with food.

Organizational Pattern: The organizational pattern of my speech is topical.

Title: Food Noise - When Your Constant Thoughts About Food Take Over

I. Introduction

A. Attention Getter: "Does this food have too many carbs?" , "Should I skip breakfast?", "Will this meal make me gain weight?". These questions resemble the thoughts that people with food noise experience on a daily basis.

B. Statement of Relevance: Although it's perfectly normal to occasionally question our food choices, these thoughts become detrimental when it consumes a person's

mind. Constantly thinking about food can become exhausting, especially when it begins to affect our relationships and attitude towards food.

C. Credibility: My name is Jake Dalessio, and I am passionate about this topic because I have first hand experience with the implications of food noise.

D. Thesis Statement: Ever-growing diet trends and online marketing has stimulated food noise amongst many, negatively impacting mental health and individual's relationship with food.

E. Preview of Main Points:

1. Main Point #1: First, I will speak on the main causes for food noise.
2. Main Point #2: Then, I will explain how it can impact our relationship with food.
3. Main Point #3: Finally, I will discuss food noise's effect on our mental health.

Transition: Before I begin to address the causes, I first would like to provide a formal definition of food noise. According to an article named "Development and Validation of the Food Noise Questionnaire" published in 2025, it states that food noise can be defined as the "... persistent, intrusive thoughts about food that are disruptive to daily life and make healthy behaviors difficult." (Diktas, 2025)

II. **Main Point #1**: Now that this is established, I can now explain the factors that stems the development of food noise.

A. Supporting Idea #1: One definite cause for food noise are restrictive diets. This includes, but is not limited to: The keto diet, Low-fat diets, intermittent fasting, and juice cleanses.

1. Supporting Evidence (source citation): According to an article titled “Silencing Food Noise: How Weight Loss Medications Can Help” published by Juniper in 2025, it states that “Previous unsuccessful dieting attempts can amplify food chatter, particularly if the cycle of restriction and bingeing has been a lifelong experience.” (Josuha, 2025)

2. Explanation/Warrant: As we all know, diet trends have taken the world by storm within the last decade. Whether you were introduced to a new diet through Tik Tok or from a friend, it is inevitable that you have been exposed to some form of harmful diet culture. This becomes damaging to those who pursue such diets, as it heightens an individual’s thoughts/concerns about food.

B. Supporting Idea #2: In addition to restrictive diets, another prominent cause of food noise is digital marketing.

1. Supporting Evidence (source citation): According to an 2023 article by Daisuke Hayashi, an expert in eating behaviors and human nutrition, it states that “ Digital and social media platforms have been specifically designed to be attention-grabbing and yield the highest possible reactivity to ultimately elicit intense food cravings, shape attitudes, and increase consumption.” (Hayashi, 2023)

2. Explanation/Warrant: From TV's to our cell phones, we are bombarded by several food advertisements on a daily basis. Specific tactics, such as the use of bright colors, not only entice viewers to consume/buy their product, but also intensify food cravings. This directly affects food noise, as digital marketing is surrounding us with tempting food options, making it harder to stray away from constant thoughts about food.

Transition: Now that the causes of food noise have been established, I can now discuss the ways it can affect our relationship with food.

III. **Main Point #2**: These constant, harmful thoughts about food can severely impact our physical health.

B. Supporting Idea #1: One consequence of food noise is the development of eating disorders.

1. Supporting Evidence (source citation): According to an article titled "What is Food Noise? A Conceptual Model of Food Cue Reactivity" that was published in November of 2023, it states "This kind of rumination and obsessive preoccupation about food has been recently referred to as food-related intrusive thoughts (FRITs), which are believed to be experienced by people with and without clinically diagnosed eating disorders alike, particularly when struggling with their body weight or body image." (Hayashi, 2023)
2. Explanation/Warrant: To clarify, the above evidence is stating that those with food noise usually experience eating disorders or have negative eating habits. Bulimia, anorexia, and binge-eating are all types of eating disorders that can

severely impact an individual's physical health and overall relationship with food.

When left unaddressed, these eating disorders can lead to low blood pressure, weak bones, hair loss, and irregular heartbeats.

Transition: In the same way that food noise affects our relationship with food, it can also affect our mental health.

IV. **Main Point #3:** Overwhelming and persistent thoughts about food eventually takes a toll on our minds, especially as the food noise intensifies.

A. Supporting Idea #1: Increasing levels of anxiety is one significant way that mental health can be impacted from food noise.

1. Supporting Evidence (source citation): According to an article named "Understanding Food Noise and its Impact on Mental Health" published in *Wind over Water* in 2024, it states " The pressure to adhere to strict food rules can lead to heightened anxiety around eating situations. People may feel anxious about food choices, leading to avoidance of social settings where food is involved." (Wind over Water, 2024)

2. Explanation/Warrant: Although many of us may feel anxious after indulging in a sweet treat or eating a little too much of your favorite pasta, food noise makes individual's capitalize on their "bad food choice", resulting in intense feelings of shame and wrongdoings. This anxiety about food can affect individuals in every aspect of their life. Even in settings where food isn't involved, those with food noise may still feel nervous/restless because their mind is on food. As anxiety

intensifies, people may experience enhanced symptoms such as difficulty concentrating, pain attacks, low self-esteem, depression, and even suicidal thoughts.

Transition: Ultimately, food noise has undeniably affected the lives of many, both in physical and mental ways.

V. **Conclusion**

A. Review Main Points:

1. Main Point #1 First, we discussed the main causes of food noise, including restrictive diets and digital marketing.
2. Main Point #2 Then, we explored how food noise impacts our relationship with food, such as leading to eating disorders.
3. Main Point #3 Lastly, I analyzed the ways in which food noise affects mental health, which included anxiety and low self-esteem .

B. Restate Thesis: Ever-growing diet trends and online marketing has stimulated food noise amongst many, negatively impacting mental health and individual's relationship with food.

C. Memorable Closing Statement: The next time you are shopping for groceries or about to have a meal, try not to think about the calories/nutrient content of the food. Although it may be difficult to ignore online marketing and decades of diet culture in

the back of our minds, it is important that we put the physical and mental needs of ourselves first. Silencing the overwhelming noise around food helps us listen to what's most crucial- our own well-being.

Works Cited

Diktas, Hanim E. "Development and Validation of the Food Noise Questionnaire." 19 January 2025, <https://onlinelibrary.wiley.com/doi/full/10.1002/oby.24216>. Accessed 22 May 2025. (**scholarly + peer reviewed**)

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Joshua, Kevin. "Silencing Food Noise: How Weight Loss Medications can Help." *Juniper*, 11 April 2025, <https://www.myjuniper.co.uk/articles/food-noise>. Accessed 22 May 2025.

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