In this study we examined the effect on subsequent snack intake of having participants document their lunch menus. In Experiment 1, we asked all participants to have lunch as usual. However, some were instructed to document their lunch menus before eating. These participants demonstrated lower snack intake than control condition participants who did not document their lunch menus. In Experiment 2, participants in both groups ate snacks freely while viewing TV, which functioned as a stimulus interfering with recall of lunch menus. There was no difference in snack intake between participants who documented their lunch menus and those who did not.

**Keywords:** eating behavior, food intake, memory.

*The Japanese Journal of Psychology*
2014, Vol.85, No.5,