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## How color affects your appetite and emotions

Grey is not a color that people will associate with food. It makes people to turn their thoughts about food away. Let me ask you a question, have you ever seen a plate full of grey food that looked appetizing? None right?

That is why grey is definitely a color which restaurant owners should stay away from, no matter if it is to paint the interior of a dining room, or to put it on the plate.

Black is used to kill a person's appetite, it is not one that should be used in the kitchen or dining room to increase hunger.

Very few restaurants use black or any dark colors for decorating.

They want to promote thoughts of food, not to kill them.

Brown is a dark color that tends to kill people's hunger. Brown reminds people of food that has been overcooked or burnt. A few people might think of homemade bread or other baked goods when looking at the color brown, but for most people this color is not associated with an increase in one's appetite.

Purple is rarely found in the world of foods. When it is present, it is often attached to foods which not everyone enjoys; eggplant, red onions, and purple cabbage. Very few people find these foods tasty enough to drool over, so the color purple rarely makes people feel hungry.

Blue has always been associated with calmness. This is a color that is best left for the bedroom or a room where relaxation is the key. People who are extremely calm and relaxed are more prone to sleeping than eating. Supposedly putting a blue light in the kitchen will suppress your appetite, which might be helpful if you are trying to cut back on the amount of calories you consume each day.

Green is such a healthy color. Salads are filled with green foods. Many people are attracted to the color green and associated it with abundance. This is a good color to promote healthy eating and lots of it.

Yellow makes most people very happy. It's a cheery color that is noticeable in most surroundings. When people are happy, they are more likely to eat than when they are feeling sad or overly calm.

Orange stimulates the brain, which increases mental activity and often stirs up a sensation of hunger. Many healthy foods are orange; carrots, oranges, and pumpkins just to name a few. Orange is a color that makes people feel welcome and when someone is comfortable, eating sounds like a great idea.

Red raises a person's blood pressure, heart rate, and causes hunger to be more prevalent. This is why many restaurants choose to have red table cloths on tables or red accents on the

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walls. Red is an excellent color to paint the main room of an establishment where food is sold.

Turquoise has a different hue than the standard blue tint. Turquoise is actually an appetite stimulant. It's often connected to happiness and the feeling of being carefree. It's the color of tropical waters and used a lot on dessert plates. Even if you think you are full after dinner, seeing a piece of cake on a turquoise colored plate is likely to make you want to eat the dessert anyway.

All in all, colors can make a big influence to people's appetite and emotions. While grey, brown, black, purple, and blue are colors that can kill people's appetite, green, yellow, orange, red, and turquoise are colors that can increase your hunger.

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