



What Your Ice Cream Choice Says About Your Personality

Did you know that your ice cream preferences can reveal something about your personality? Here at Baskin-Robbins, we have partnered with Juliet A. Boghossian, a behavioral food expert and founder of Food-ology, You Are How You Eat, to conduct a study revealing “What Your Ice Cream Eating Preferences Say About You.”

This study identifies personality traits based on how a person chooses to eat their ice cream. For instance, people who prefer their ice cream on a cone are more often to be optimists, while those who enjoy their scoop in a cup are more often realists. See what your ice cream choice says about your personality below!

The Optimist: People who prefer eating ice cream on a cone are idealists who lead with their heart.

- Those who chose a sugar cone are considered the life of the party and are funny, edgy and performers.
- Those who favor a waffle cone tend to be the host of the party, more traditional and nurturing caregivers.

Despite these differences, however, they both share the same core values: passion, peace, and purpose. The top ice cream flavors among Optimists are Cookies ‘n Cream and Chocolate Chip Cookie Dough.



The Realist: Those who would rather enjoy ice cream in a bowl or cup are analytical types who are rational thinkers. They are responsible, dutiful, family-oriented and hard working. Their favorite ice cream flavor is chocolate.



The Eccentric: People who prefer a layered ice cream cookie sandwich have a complex mix of contradictions. They tend to have both strong introvert and extrovert tendencies and they are known to be artistic, impulsive and idealistic. Their favorite flavor is Cookies ‘n Cream.



The Ambitious: People who prefer ice cream sundaes are open, passionate, motivated, and loyalists who take calculated risks. Given their loyal nature, they favor classic ice cream flavors like Vanilla and Chocolate.



The Practical: People who are partial to eating ice cream out of the carton are resourceful, dependent, pragmatic, an introvert, and are often strong leaders. Chocolate and Chocolate Chip Cookie Dough are their favorite ice cream flavors.



The Free Spirit: People who prefer to enjoy their ice cream as a milkshake are young at heart, fearless, athletic and more likely to take impulsive risks. Family and music inspires these people the most.



What does your ice cream preference say about your personality? Let us know on [Facebook](#), [Twitter](#), and [Instagram](#).

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