

How your brain reacts to even small ‘doses’ of sugar

If you’ve ever bought a box of donuts only to find it triggers a donut phase in your life, you may appreciate the findings of a new study. The research, led by a team at the Max Planck Institute for Metabolism Research and Yale University, finds that just a small daily addition of fat and sugar to the diet can trigger changes in taste preferences and to the brain pathways that underlie reward. The [study](#) was published in *Cell Metabolism*. Whether the changes are reversible and how long it would take to reverse them are up for grabs.

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“[L]ike addictive drugs,” the authors write in their paper, “there is evidence for a causal role of diet (i.e., fat/sugar) in rewiring brain circuits to promote further seeking of energy-dense foods.”

Although the participants in the current study didn’t gain weight, it’s possible they would have over a longer time period, or with larger shifts in diet. The real takeaway is how small a dietary change can lead to alterations in the brain and in taste preferences, likely below the level of conscious perception.

[**This is an excerpt. Read the original post here**](#)