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## 片语健康

### 食物线索反应强度

面对同样的食物线索,不同的人可表现出不同程度的反应,有人不为所动,有人却必食之而后快。前者的食物线索反应强度低,后者的强度高。食物线索反应强度是个体对食物线索的敏感程度,可影响进食行为。

一些恒定因素(如遗传因素)影响食物线索反应强度<sup>[1]</sup>。食物线索激活大脑奖赏系统,尤其是中脑边缘多巴胺系统,这一系统因遗传背景而不同。在看到如美食图片的食物线索时,强反应个体大脑的奖赏系统往往有更强的“吃”的冲动。

瞬时因素如个体的情绪状态、昼夜节律、睡眠质量、环境因素都能改变食物线索反应强度<sup>[1]</sup>。焦虑、无聊和应激的个体更容易被食物线索吸引。应激时产生的皮质醇释放促进饥饿素(Ghrelin)的分泌,引发“情绪性进食”。习惯用零食缓解应激的人,其大脑会逐渐将食物线索与愉悦感绑定<sup>[1]</sup>。昼夜节律紊乱(如轮班工作、熬夜)的人的大脑奖赏系统对高糖高脂食物的反应更强烈。睡眠不足的个体会分泌更多的饥饿素,因此增加对高热量食物的渴望。工作场所的零食、24小时营业的外卖平台,都在无形中强化对食物线索的敏感度。儿童的食物线索反应可被长期暴露的食物线索(如垃圾食品广告)增强,这种增强会改变他们的饮食偏好和习惯。

超重或肥胖的个体通常都是食物线索反应的“强”者,强在即使饱腹仍不节制进食<sup>[1]</sup>。

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(作者:于永利)