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片语健康

食物线索反应

面对餐桌上一盘色泽鲜亮、香气扑鼻的菜肴，未及动筷，唾液已分泌。这是一种食物线索反应(Food cue reactivity)，是生理反应（生物反应)。除了唾液分泌外，其他由食物线索引起的生理反应以及心率、血压、皮肤传导、胃活动和大脑活动的变化，均可被客观测量。如大脑活动的变化可用功能性磁共振成像（Functional magnetic resonance imaging，fMRI)、脑电图（Electroencephalography，EEG)、功能性近红外光谱（Functional magnetic resonance imaging，fNIRS）和脑磁图（Magnetoencephalography，MEG）测量[1]。

街头飘来烤红薯的香气，肚里虽饱，却仍不免心动，买而食之。这也是食物线索反应，是心理反应。心动而身随，买而食之而后快。

很多时候，食物线索反应既是生理的，也是心理的。食物线索反应驱动觅食行为（Food-seeking behaviors)，这是生存的需要和进化出的本能[1]。人类几乎控制不了对食物线索的生理反应，但能节制对食物线索的心理反应。虽然“秀色可餐”，但可以不餐。对食物的痴迷是心理反应。在真饿时，痴迷于美食，是生理需要。在假饿时，还对食物痴迷，就容易“吃多了”。长此以往，人就胖了！

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