

Highly Palatable Foods and Over-eating

Post by “Kalosyni” of April 21, 2025 at 3:08 PM

Modern life is a bit different than Epicurus' time...we have highly processed foods that are made to be highly palatable, and they are easy to get.

Here are two articles:

Excerpt:

Quote

Hormonal and neurobiological changes occur when individuals consume processed foods, especially highly palatable foods that are rich in sugar, fat and salt. These changes can contribute to the development of addictive behaviours and, ultimately, addiction.

It is well established that derangement of hormones can contribute to this process. Ghrelin is responsible for regulating hunger. Elevated ghrelin levels can drive hunger and increase food intake. On the other hand, leptin is responsible for signalling satiety and inhibiting food intake. Consumption of highly palatable foods, particularly those high in sugar, fat and salt, has been shown to disrupt the balance of these hormones; for example, it can increase ghrelin levels. As a result, individuals may experience increased cravings and overeating as signals for hunger and fullness become dysregulated. Additionally, consumption of processed foods has been hypothesised to lead to leptin resistance, where the body no longer responds to satiety signals.⁹ Disruptions in the normal interplay between ghrelin and leptin can result in overeating and continued consumption of these foods.

Source:

[One size does not fit all: Understanding the five stages of ultra-processed food addiction | Tarman | Journal of Metabolic Health](#)

Another excerpt:

Quote

The reasons that our bodies crave these foods is because they are loaded with ingredients that tap into the pleasure centers in our brain.

Source:

[Why do we crave junk food? — Harvard Gazette](#)

Nutritional psychiatrist explains why the body wants food that makes it sick — and how to cultivate healthier eating habits.
news.harvard.edu