Causes of Happiness

Post by “Lowri834” of May 1, 2026 at 4:58 PM

Why the key to losing weight may be enjoying your food

https://www.bbc.com/future/article/20260424-diet-why-enjoying-your-food-is-key-to-weight-loss?at_campaign_type=owned&at_medium=emails&at_objective=awareness&at_ptr_type=email&at_ptr_na diet-why-enjoying-your-food-is-key-to-weight-loss&at_bbc_team=crm&at_audience_id=170035466

I'm not interested in losing weight but the research points to relationship between pleasure and food that is interesting. Some quotes below.

"But research points to the idea that to maintain a healthier weight, we shouldn't only focus on what we eat – but our mindset around food. In fact, there are health benefits to finding pleasure in eating, precisely because the expectation of what we've eaten goes on to shape how hungry we are."

"This shows that health labels can reduce the expectation of experiencing pleasure, meaning foods labelled as healthy could leave us feeling less satisfied."

"Reducing ultra-processed foods will also help with that as they do not provide the nutrients we need, and can leave us wanting more. We can do this with a "mindset of indulgence" too, Crum argues. This means ensuring your body is getting exactly what it needs rather than focusing on restraint. "Trust yourself and your body to be hungry for the right things at the right time," Crum says."