

《有些垃圾食品可能会改变你的大脑，让你更能吃》

Emerging evidence in humans suggests a typically Western high-fat, high-sugar 'junk food' diet can quickly undermine your brain's appetite control.

在人类中新发现的证据显示含有高脂高糖“垃圾食品”的典型西方饮食能快速破坏大脑对食欲的控制。

After indulging in a week-long binge of waffles, milkshakes and similarly rich foods, researchers in Australia found young and healthy volunteers scored worse on memory tests and experienced a greater desire to eat junk food, even when they were already full.

狂吃华夫饼、奶昔和类似的高脂食物一周后，澳大利亚的研究人员发现年轻健康的志愿者在记忆力测试中成绩欠佳，而且对垃圾食品更有食欲，甚至在吃饱之后还想吃。

The findings suggest something is amiss in the hippocampus - a region of the brain that supports memory and helps to regulate appetite. When we are full, the hippocampus is thought to quieten down our memories of delicious food, thereby reducing our appetite.

研究结果表明问题出在海马体，这个区域在大脑中控制记忆力，帮助调节食欲。我们吃饱以后，海马体被认为会使美食记忆不再活跃，从而降低食欲。

When it's disrupted, this control can be seriously undermined.

海马体受损的话，对食欲的控制也会受到严重破坏。

Over the years, extensive research on juvenile mice has found the function of the hippocampus is very sensitive to 'junk food', but this has only recently been observed in young and healthy humans.

近些年对幼鼠进行的广泛研究发现海马体对“垃圾食品”很敏感，但最近才在年轻健

康的人群中发现这一问题。

In 2017, after a week of Western-style breakfasts of toasted sandwiches and milkshakes, researchers found participants performed worse on learning and memory tests which are typically dependent on the hippocampus.

2017年，在参与者们吃了一周烤三明治搭配奶昔的西式早餐之后，研究人员发现他们在学习和记忆力测试中表现欠佳，而通过这些测试主要依靠的是海马体。

Now, in this latest study the team has found that not only do such high-fat, high-sugar diets impair memory in humans, they also appear to directly affect our ability to control our appetite.

现在在最新的这项研究中，研究团队发现高脂高糖的饮食不仅破坏人的记忆力，也会直接影响我们控制食欲的能力。

