



NeuroFAST

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Food addiction – *fact or fiction?*

There are many complex factors which can lead to overweight and obesity, but the basic question which remains at the heart of the issue is why it is that some people eat too much – are they in fact addicted to food?



The NeuroFAST project will explore whether eating food can be so rewarding that it leads to a state of addiction which is similar to that seen with alcohol and drugs. The project brings together a unique multi-disciplinary team from seven EU member states with wide-ranging expertise including clinical psychology and epidemiology, nutrition and endocrinology. An evidence base for or against food addiction will be a major outcome.

The project will also explore the relationship between stress in the workplace and eating behaviour, and the properties of food and food components that influence choice and energy (calorie) intake. See over for more information.

The project partners are committed to engaging with relevant stakeholders throughout the project, and dedicated knowledge exchange events will be organised supported by briefing documents on the project web site. Interested individuals and organisations are invited to contact us using the details below.

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The Integrated Neurobiology of Food Intake, Addiction and Stress

The research team encompasses both clinical researchers and those interested in more basic mechanisms.



The project will investigate:

- relationships between eating behaviour, eating disorders and substance use.
- the relationship between stress, and specifically stress in the workplace, and eating behaviour.
- the effect of dietary macronutrients, food choice and preference on brain activity.
- behavioural and molecular evidence for and against food reward and addiction.
- the evidence base for food addiction in human obesity and correlation with brain activity
- the role of gut-brain signals and brain opioid systems in food and alcohol reward
- communication between energy balance and reward centres in the brain



The project partners are:

- Sahlgrenska Academy, University of Gothenburg, Sweden
- Institute of Experimental Medicine, Hungarian Academy of Sciences, Hungary
- Consiglio Nazionale delle Ricerche, Italy
- Fondazione Toscana Gabriele Monasterio per la ricerca medica e di sanità pubblica, Italy
- Nizo Food Research, The Netherlands
- Rowett Institute of Nutrition and Health University of Aberdeen, UK
- Technische Universität Dresden, Germany
 - Universidade de Santiago de Compostella, Spain
 - Università di Bologna, Italy
 - University of Cambridge, UK
 - University of Edinburgh, UK
 - University of Duisburg-Essen, Germany
 - University Medical Centre Utrecht, The Netherlands