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Variety in Food Makes You Eat More by Stella Richard

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There are times when one tends to eat more, especially when the dish is of choice. But scientifically it has been proven that variety too causes people to eat more. Studies show that when one is presented with a variety of food, the satiety value isnâ€™t fulfilled and thus most people indulge in over eating. Earlier it was believed that a balanced diet consisted of a variety of food rich in varied nutrients, thus helping to achieve a perfect diet. Yet due to the changing lifestyle, including variety in meals is not a very advisable form of instead consumption according to a weight loss clinic in Vancouver. In fact such variety can be harmful for the body.

The good and bad of it

In times like today, unhealthy fast food is a part of everyday diet consisting of processed food and ready to eat meals.

These meals are packed with fats, sugar and carbohydrates without any useful nutrients, but the taste is much delectable and thus more people opt for these meals. When presented with varied food of such kind, people tend to eat more of it. It has been proven that the taste buds require new taste continuously thus on every corresponding bite, it becomes more boring. A study conducted proved that when pasta, belonging to the same food type, was served with varied sauces and garnishing, people ate 15% more. Therefore this clearly proves that variety is a major cause for extra consumption.

Even though more consumption of food is good, it is beneficial only when it is a wholesome and healthy diet. A variety of fruits, vegetables, brown and whole breads and roasted meat is a wholesome and healthier option than variety of processed and junk food such as French fries, burgers and pizzas. Sweets and deserts too can trigger more eating as they feel good to taste and the taste buds react by wanting more of such meals.

Buffet

An international study over a group of college students revealed that when the students were provided meal in a buffet style for a period of time and when in a definte composite meal, students ate more. This works on the simple psychology of when one sees more, they tend to eat more. Thus in order to ensure a healthy lifestyle, it is advisable to avoid regular buffets but instead opt for wholesome meals. Indulging once in a while in a buffet is not harmful, but are should be taken regarding the intake of food. It is important to control ones eating and be conscious of the choices made.

Conclusion

Foodstuffs which digest easily causes one to eat more frequently, therefore it is advised to eat wholesome and filling food. When variety of such easily digestible food is presented, one tends to eat more thus proving as mentioned by the weight loss clinic in Vancouver. It is advisable thus to add variety of healthy options in ones meal as that will enable the body to include more nutrients that are beneficial for the metabolism of the body.

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