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片语健康

食物噪音

食物噪音（Food noise）是频繁的进食动机，可表现为：经常想吃食物，特别是吃好吃的高能量食物，吃着这顿想下顿[1] ……

食物噪音是大脑对食物线索的增强和（或）持续的反应，可使人形成食物相关性侵入思维（Food-related intrusive thoughts, FRITs）[1]。FRITs 使个体的生活被食物围绕，习惯于适应不良的进食行为（Maladaptive eating behaviors）。若得不到克服，人就会摄入过多的食物，久而久之，就进入了肥胖的“轨道”。FRITs 也是减肥中和减肥后维持体质量的主观障碍[1]。

善于诱发食物噪音的饭店更易火爆，能够激发食物噪音的过度加工食品更加好卖。

食物噪音激发食欲，食欲催人摄食，摄食为生存之必需。食欲噪音是生理反应，不能没有，但不宜过强、过频。过强、过频的食物噪音驱动肥胖。

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