The Exam Room Podcast

CBS and NBC News Radio Alum

Chuck Version 1.0

Weight: 420 lbs.

Height: 5’5”

Waist: 66 inches

Shirt: 6XL

Chuck Version 2.0

Weight: 140 lbs.

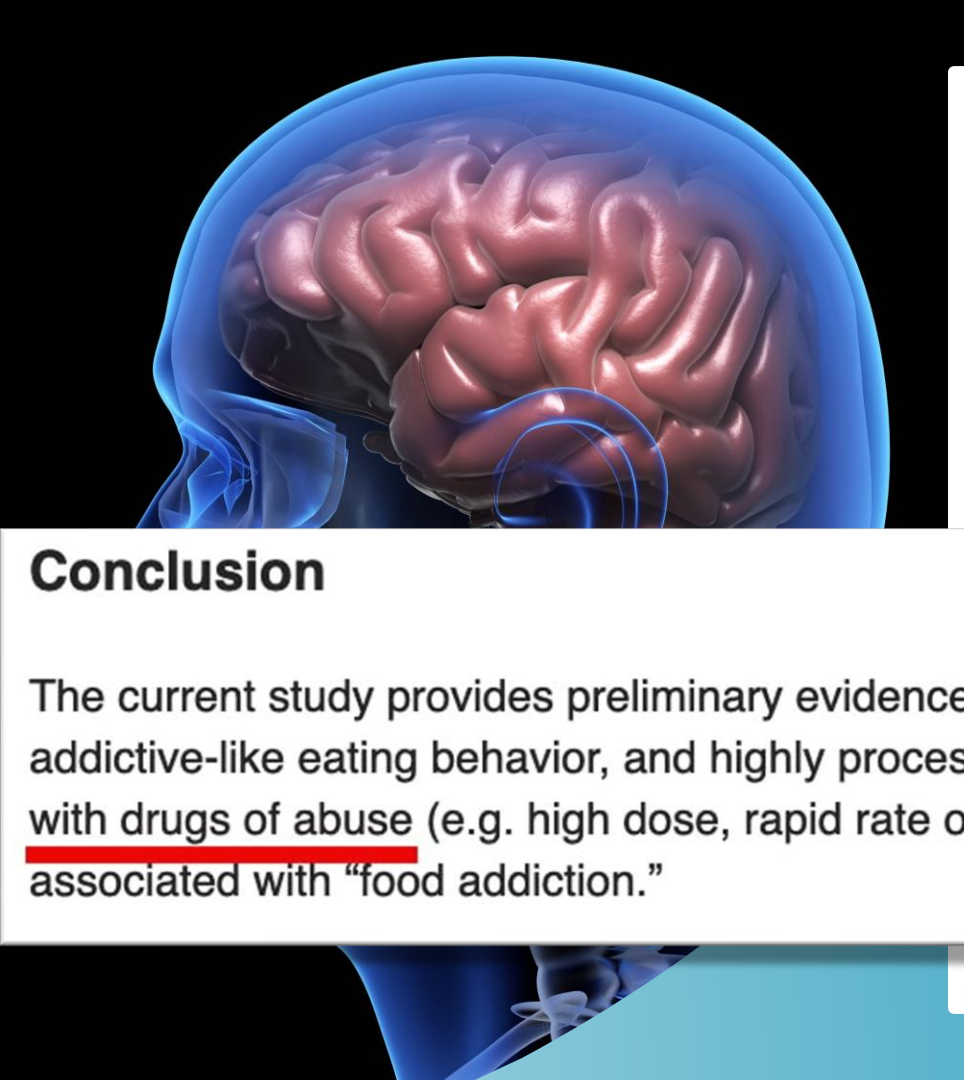
Height: 5’5”

Waist: 32 inches

Shirt: Small

How Did I Get There?

Food Addiction



Which Foods May Be Addictive? The Roles of Processing, Fat Content, and Glycemic Load

Erica M. Schulte, Nicole M. Avena, Ashley N. Gearhardt

Published: February 18, 2015 • https://doi.org/10.1371/journal.pone.0117959

Article | Authors | Metrics | Comments | Media Coverage

Abstract
Introduction
Study One
Study Two
Discussion
Acknowledgments

Abstract

Objectives

We propose that highly processed foods share pharmacokinetic properties (e.g. concentrated dose, rapid rate of absorption) with drugs of abuse, due to the addition of fat and/or refined carbohydrates and the rapid rate the refined carbohydrates are absorbed into the system, indicated by glycemic load (GL). The current study provides preliminary evidence for the foods and food attributes implicated in addictive-like eating

Conclusion

The current study provides preliminary evidence that not all foods are equally implicated in addictive-like eating behavior, and highly processed foods, which may share characteristics with drugs of abuse (e.g. high dose, rapid rate of absorption) appear to be particularly associated with “food addiction.”

foods, Study Two utilized hierarchical linear modeling to investigate which food attributes (e.g., fat grams) were related to addictive-like eating behavior (at level one) and explored the influence of individual differences for this association (at level two).

Which Foods Are Addictive?

Food	Rating	GL	Fat (g)	Sodium (mg)
Pizza	4.01	22	10	551
Chips	3.73	12	10	160
Cheeseburger	3.51	17	28	885
Cheese	3.22	0	9	174
Fried Chicken	2.97	7	26	441
Bacon	3.03	0	12	647

Schulte EM, Avena NM, Gearhardt AN (2015) Which Foods May Be Addictive? The Roles of Processing, Fat Content, and Glycemic Load. PLOS ONE 10(2): e0117959. https://doi.org/10.1371/journal.pone.0117959
https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0117959

Which Foods Aren't Addictive?

Food	Rating	GL	Fat (g)	Sodium (mg)
Apple	1.66	4	0	2
Brown Rice	1.74	20	2	2
Broccoli	1.74	0	0	30
Banana	1.77	12	0	1
Corn	1.87	8	1	6
Strawberries	1.88	1	0	6

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https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0117959

In Trouble Early

OBESITY Reviews
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PEDIATRIC OBESITY/ADDICTIVE BEHAVIOUR | Open Access

Prevalence of food addiction in children and adolescents: A systematic review and meta-analysis

Mir Saeed Yekaninejad, Negin Badrooj, Fardis Vosoughi, Chung-Ying Lin, Mac N. Potenza, Amir H. Pakpour,

3.4 Food addiction prevalence

Prevalence of FA as determined using the YFAS-C has been reported in 18 publications[24, 28-32, 34-39, 41, 42, 45-48] (Table 2). The meta-analysis estimated an overall FA prevalence at 15% (95% CI: 11–19%) among children and adolescents, with an I^2 of 95.64%. Moreover, the prevalence in the community samples was 12% (95% CI: 8–17%) and 19% (95% CI: 14–26%) in the overweight/obese samples (Figure 6).

Scale for Children and Adolescents (YFAS-C), has been developed and used to estimate FA prevalence among pediatric populations. The present systematic review and meta-

Stayed In Trouble

TACO BELL™

My Daily Fix

2 7-Layer Burritos

Calories: 860

Fat: 32 grams

Sodium: 2,030mg

2 Beef Grilled Stuft Burritos

Calories: 1,440

Fat: 64 grams

Sodium: 4,280mg

Nachos Bell Grande

Calories: 760

Fat: 38 grams

Sodium: 1,300mg

Chicken Quesadilla

Calories: 510

Fat: 27 grams

Sodium: 1,200mg

Cheesy Potato Burrito

Calories: 490

Fat: 22 grams

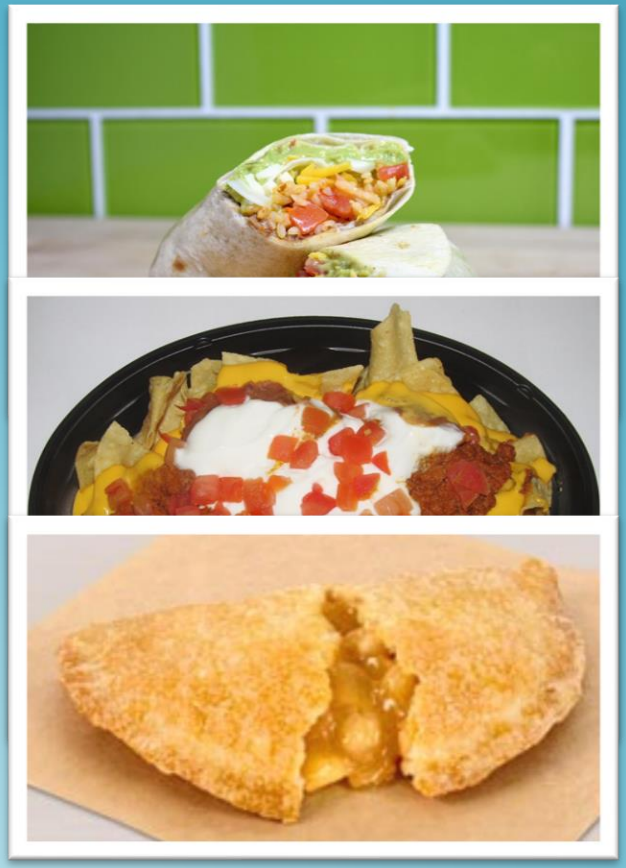
Sodium: 1,300mg

Caramel Apple Empanada

Calories: 310

Fat: 15 grams

Sodium: 310mg



Add It All Up…

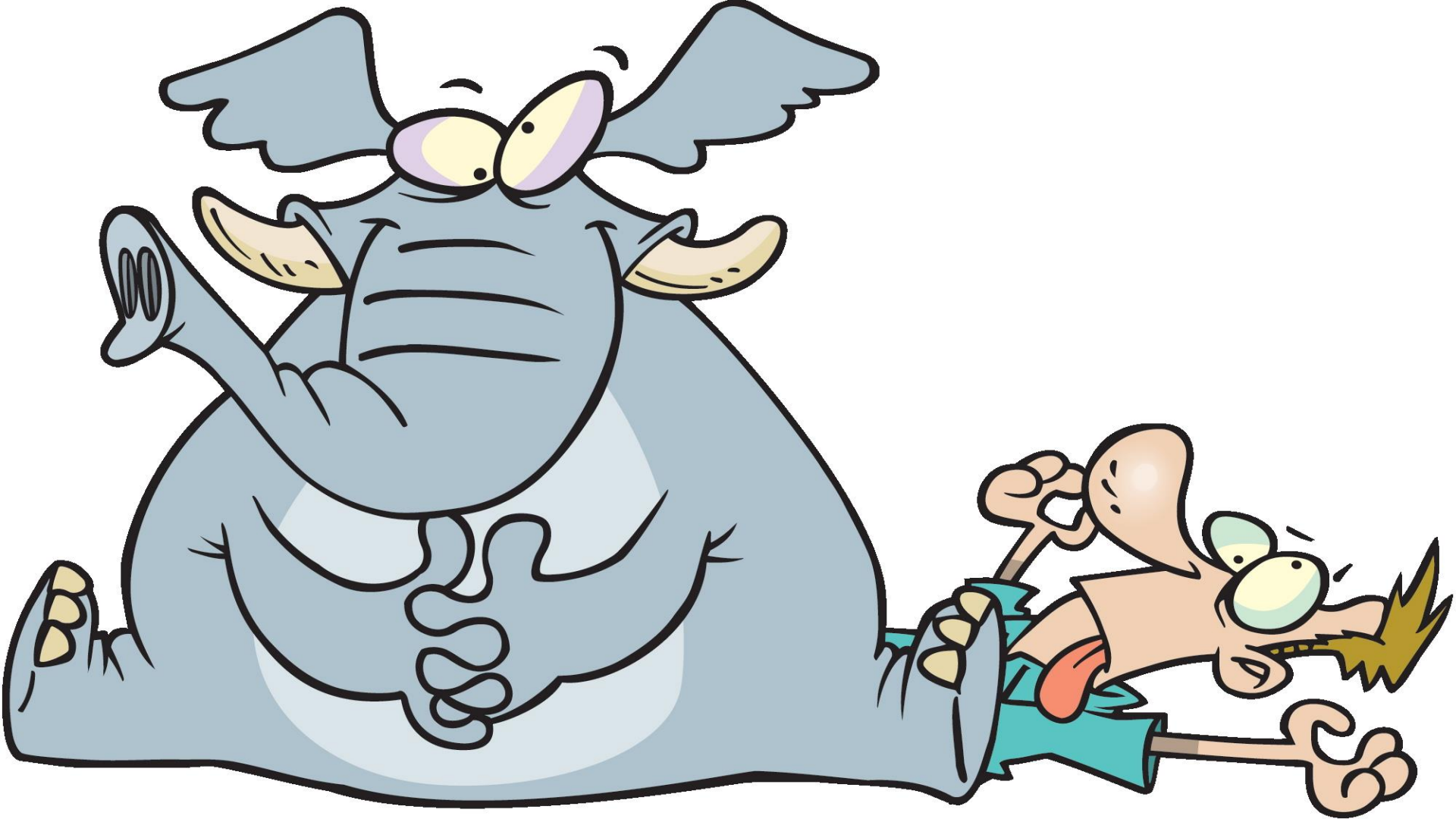
Calories: 4,370

Fat: 196 grams

Sodium: 10,420mg

But Wait . . . There's More

Total Daily Calories: 10,000



What Do I Do?

OzHealth
GREAT VALUE! 63 COOKIES
INTERNATIONALLY POPULAR
CONVENIENT RE-SEALABLE POUCH
CELEBRITY FAVOURITE
DON'T LET HUNGER WRECK YOUR DIET
Dr. Siegal's
COOKIE DIET
Since 1975
Over 500,000 people have used Dr. Siegal's COOKIE DIET® foods since 1975
This box contains one flavour:
CINNAMON OATMEAL
Naturally Flavored
CHOCOLATE BROWNIE
Naturally Flavored
MAPLE PANCAKES
Naturally Flavored
BUTTERSCOTCH
Naturally Flavored
Lose weight the convenient way
HUNGER CONTROLLING COOKIES
Naturally Flavored
GREAT VALUE! 63 COOKIES
VEGETARIAN
ALL NATURAL
KOSHER COMPLIANT
7 packs of 4.44 oz (126g)
Net Wt 31 oz (882g)

Not Fun

- Sick
- Angry
- Helpless

The Emotional Toll

- Girlfriend
- Intervention
- Flight of Shame

The Breaking Point

Still Not Fun

Off It Comes

Kept On Shrinking

Fun Fact: I used to weigh more than him

- Dream Job
- Best Girl Ever
- Dream Job Again

But…

Still Worried It’ll Come Back

Adam Carriker
Veteran NFL Player

Chuck Carroll
Sports Media Personality

Plants & PCRM

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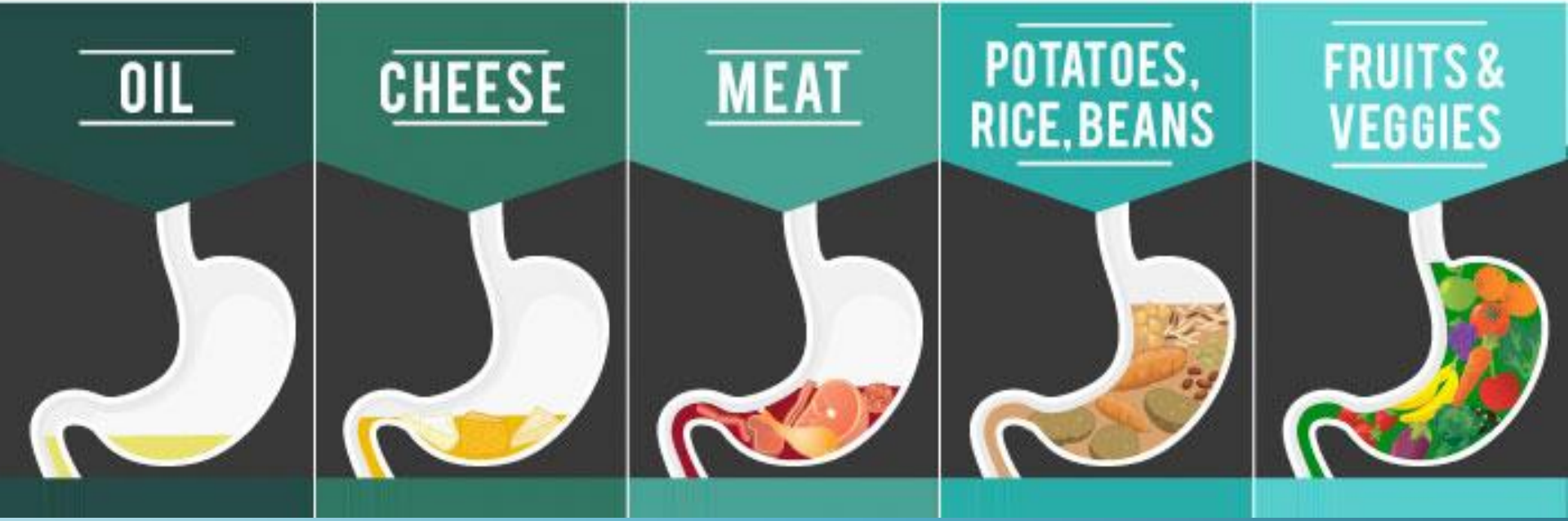
https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0117959

CALORIE DENSITY

WHAT 500 CALORIES LOOK LIKE



No Going Back

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Mr

"Listening to this is your best chance of living forever, or very nearly."

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WFPBN

You Got This!

THE EXAM ROOM™

PODCAST

@ChuckCarrollWLC