

## 《为什么大脑忙起来人就容易饿》

当过学生的我们最能对这个问题感同身受了，因为我们每次学习时都要准备一堆吃的放在旁边，但是你们知道为什么动脑的时候就会感到饥饿呢？



A busy brain can mean a hungry body.

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We often seek food after focused mental activity, like preparing for an exam or poring over spread sheets.

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Researchers speculate that heavy bouts of thinking drain energy from the brain, whose capacity to store fuel is very limited.

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So the brain, sensing that it may soon require more calories to keep going, apparently stimulates bodily hunger, and even though there has been little in the way of physical movement or caloric expenditure, we eat.



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Hunter says this work has been used in other studies to induce mental fatigue and hunger.

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Next, half the students sat quietly for 15 minutes, before being given pizza.

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The rest of the volunteers spent those 15 minutes doing intervals on a treadmill: two minutes of hard running followed by about one minute of walking, repeated five times.

????????15????????2????????1?????5??

This is the sort of brief but intensive routine, Hunter says, that should prompt the release of sugar and lactate into the bloodstream.

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These students were then allowed to gorge on pizza, too.

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But by and large, they did not overeat.

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In fact, the researchers calculated that the exercisers consumed about 25 fewer calories than they did during their baseline session.

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The non exercisers, however, consumed about 100 calories more.

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When the researchers factored in the calories expended on running, they determined that those students actually

