

Study explains sugar-stress correlation

By Gabrielle Canon, Mother Jones

Here's something that won't come as a surprise to anyone who has ever devoured a pint of Rocky Road after a miserable day at work: Researchers at UC Davis recently found that 80 percent of people report eating more sweets when they are stressed.

Their study, published in the the Journal of Clinical Endocrinology & Metabolism, offers a possible explanation.

Sugar, the researchers found, can diminish physiological responses normally produced in the brain and body during stressful situations. With stress levels on the rise, this could explain why more people are reaching for sweets.

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