

Study: Cheese as addictive as drugs

By Meredith Carey, Conde Nast Traveler

We celebrated when science confirmed our belief that Oreos are addictive. But with this month's announcement that cheese is as addictive as drugs, we're shamelessly scarfing down pizza left and right.

A study from the University of Michigan stated that there's a scientific reason that pizza was found to be the most addictive food in the Yale Food Addiction Scale, and it all has to do with the cheese.

Cheese is especially addictive because of a protein called casein, which releases opiates called casomorphins during digestion.

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