



Food and addiction

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The concept of 'food addiction' has gained a lot of interest, not only by the media, but also within the scientific community. Can someone really be addicted to food? We interviewed Professor Julian Mercer, of the Rowett Research Institute, part of the University of Aberdeen in Scotland. He is also a partner in the EU funded project NeuroFAST - that looks into the neurobiological and socio-psychological causes of overeating and substance use disorders.

About the speaker

Prof. Julian Mercer is the Head of the Division of Obesity and Metabolic Health at the Rowett Institute of Nutrition and Health in Scotland. He is a biologist with research interests in food-gut-brain signalling and has worked in obesity research for over 20 years. He is author of >100 original research publications. He is a partner in EU projects NeuroFAST (stress, addiction and eating behaviour), and SATIN (novel food processing for satiety), and is also coordinator of the EU FP7 Full4Health project, which is investigating mechanisms of hunger and satiety.