Understanding Food Addiction in America
Many people define Food Addiction as not being able to stop eating once you’ve started.

Triggering the Addiction
Craving more and more of the same types of foods is quite common among food addicts. The most common trigger foods for food addicts tend to be high in sugar and white flour.

Sugar activates our brain in a special way. That’s very reminiscent of...drugs like cocaine.

Eric Stice
Neurologist at Oregon Research Institute

Symptoms of Food Addiction
Below are five common behaviors of food addicts

1. The inability to stop eating once he/she has started. (eg. Eating an entire box of cookies versus just one or two)
2. Thinking about food constantly -- what you’re going to eat, what you just ate
3. Emotional Eating -- coping with emotional situations by eating, but needing to eat more and more to achieve the desired effect, such as increased pleasure or reduced negative emotions
4. Eating in Private or Hiding Food
5. Trying and Failing at Many Different Diet Programs
If Sugar *Didn’t* Disolve Would You Still Drink it?

Let’s examine the average amount of sugar found in popular drinks.

Our population is growing (heavier)

But excess weight can often be a signal of a much larger issue of addiction.

If Sugar *Didn’t* Disolve Would You Still Drink it?

Let’s examine the average amount of sugar found in popular drinks.

Our population is growing (heavier)

But excess weight can often be a signal of a much larger issue of addiction.

![Map of the United States showing BMI categories: >30, 25%-29%, 20%-24%](image)

35.7%
Percentage of U.S. adults that are considered obese. (BMI of 30 or higher)

78 Million
Number of Adults in the United States that are considered obese. (BMI of 30 or higher)
Learn more at www.cormn.org

COR is a residential retreat located in Wayzata, MN that teaches a way to live free from the obsession with food and the excess weight it causes. It is a proven method to stop overeating.

Sources
http://www.cdc.gov/obesity/data/trends.html
http://www.cbsnews.com/8301-18560_162-57407294/is-sugar-toxic/
http://www.foodaddictsanonymous.org/are-you-food-addict