

# Fans of Losing Teams Are Less Healthy

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## *Discovery News:*

Find yourself heading to the fridge after your favorite NFL team suffers an overtime defeat to a rival?

You're not alone: Researchers found that fans in cities whose teams had lost games on Sunday ate 10 percent more calories the next day, including 16 percent more saturated fat. Fans in cities with a team that won actually ate less than usual: 5 percent fewer calories, and 9 percent less saturated fat, according to a study published in the journal *Psychological Science*.

Read the whole story: [Discovery News](#)