

Good news for foodies: Adventurous eaters may be healthier

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CBS:

Food lovers are often associated with over-indulgence, but adventurous eaters, often referred to as “foodies,” actually weigh less and may be healthier than the less-adventurous among us, according to a new study.

Researchers from the Food and Brand Lab at Cornell University surveyed just over 500 women from across the United States about their eating habits, perceptions of novel foods, weight satisfaction, and a number of physical, psychological and lifestyle characteristics.

In the questionnaire, participants were asked if they had tried 16 foods not typical of the American diet, including beef tongue, seitan, polenta, Kimchi, and bean sprouts. Study authors defined “adventurous eaters” as those who had sampled nine or more of these types of foods.

Read the whole story: [CBS](#)