

The Science of Why You Crave Comfort Food

July 30, 2015

TIME:

It's not just because these foods are tasty. It's because they make us feel less alone

In mid-July, I was visiting my hometown in Minnesota when I happened upon the unmistakable scent of something deep-fried. I was at a concert, and no matter how off-brand a dietary choice of corn dogs and cheese curds may be for a health writer, I went for it. How could I not? I spent two thoroughly enjoyable summers during college working at the Minnesota State Fair, and that experience continues to make corn-and-grease-dipped hot dogs not only appetizing but somehow irresistible, too.

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In a recent July 2015 study, Jordan Troisi, an assistant professor of psychology at Sewanee, The University of The South, and his colleagues found that people with strong relationships preferred the taste of comfort food when they experienced feelings of social isolation.

Read the whole story: [TIME](#)