

## SUSHI

We invited dieters to a sushi banquet where we told them they could eat as much as they wanted. What they didn't know is that back here in our nerve centre, we were counting exactly how many plates of sushi they each ate. The result was surprising.

For the most of us when food arrives in our intestines hormones are released. These hormones are chemical signals. They travel through the blood and reach the brain. This is how they tell us when we've had enough food and should stop eating. But people in our feasters group produce less of these gut hormones, in particular one called GLP1. It means the signal that tells them to stop eating is weaker.

Fiona predicts that because of the low levels of their gut hormone, once the feasters start eating they'll find it hard to stop. To prove her theory she's measuring exactly how much everyone's eating.

With the non feasters no volunteers ate more than fourteen plates, but with the feasters nine volunteers ate more than fourteen plates and one of the feasters ate nineteen plates. For Fiona Gribble it shows the strong link between a lack of hormones in the gut and not being able to stop eating.

You predicted these people would be in this category of people who couldn't stop eating.

To be honest the experiment had never actually been done before. These gut hormones are a fairly new field. People are very interested in them because they do know they are a very strong influence on appetite and I'm absolutely fascinated to see our predictions playing out in a real life situation.