Food Addiction and Sugar Consumption in College-Aged Females.

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Introduction
- Addiction to highly refined foods, specifically sugar, may result in excessive caloric intake, which enhances comorbidity risks, such as obesity and cardiovascular disease.
- The American Heart Association recommends that women limit added sugar intake to 25 g per day.

Purpose
- To determine the relationship between food addiction and sugar consumption.

Methods
- IRB approval and informed consent received.
- Recruitment email sent to 1992 college-aged females.
- Respondents filled out a survey on eating behavior (n=160).
  - ≥3 criteria met = food addict.
- Respondents filled out a 24-hour dietary recall (n=57, 35.6%).
- SPSS used for statistical analysis: one-way ANOVA and paired t-tests.

Results
- 31.3% of participants are food addicts (n=50) and 68.8% are non-food addicts (n=110).
- Food consumption caused significant psychological impairment, such as depression, anxiety, self-loathing, or guilt, to 31.9% of participants (n=51).
- 13 food addicts and 44 non-food addicts completed the dietary recall.
- Consumed added sugar ranged from 0 – 365 grams.
- There is no statistical difference between food addict added sugar consumption (77.5 ± 101.5 g) and non-food addict added sugar consumption (51.5 ± 36.5 g) (p=0.158).
- There is statistical difference between food addict sodium consumption (2308 ± 681 mg) and non-food addict sodium consumption (2980 ± 1051 mg) (p=0.034).

Conclusions
- Most food addicts and non-food addicts (70%) are consuming more than the American Heart Association’s recommended amount of added sugar (<25 grams per day).
- A surprising number of participants were categorized as food addicts (n=50, 31.3%), which is higher than other reports (8.8%).

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