

Special Issue

The Effect of Bariatric Surgery on Food and Taste Preferences Contributing to Weight Loss

Message from the Guest Editor

Weight loss after bariatric surgery (BS) is mainly caused by a substantial decrease in energy intake. This reduction may not only be a consequence of generally decreased food intake, but may also depend on a shift in food preferences, away from sugary and high-fat foods towards less energy-dense foods. This hypothesis is, however, supported by studies on rodents, but can we translate these findings to humans? The underlying physiological mechanisms driving the proposed changes in food preferences have been proposed to include changes within the sensory and reward domains of taste, leading to an unconditioned shift in food preferences. Altered gut hormone responses have been implicated as mediators in this “reprogramming” of food preferences towards a diet comprising fewer sugary and fatty foods. Food-related behavior is, however, multifactorial and the shift in food preferences after bariatric surgery may not only be a direct physiological response. A better understanding of this area may help us to improve care for patients after bariatric surgery.

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