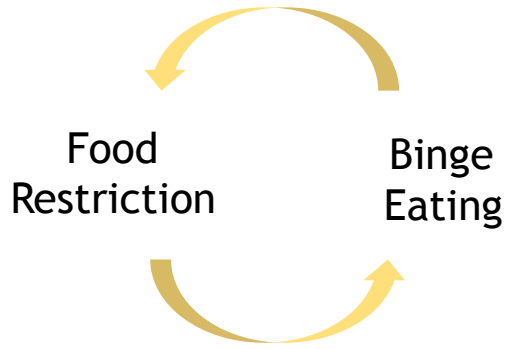


# The Food Insecurity-Obesity Paradox

## Obesity...

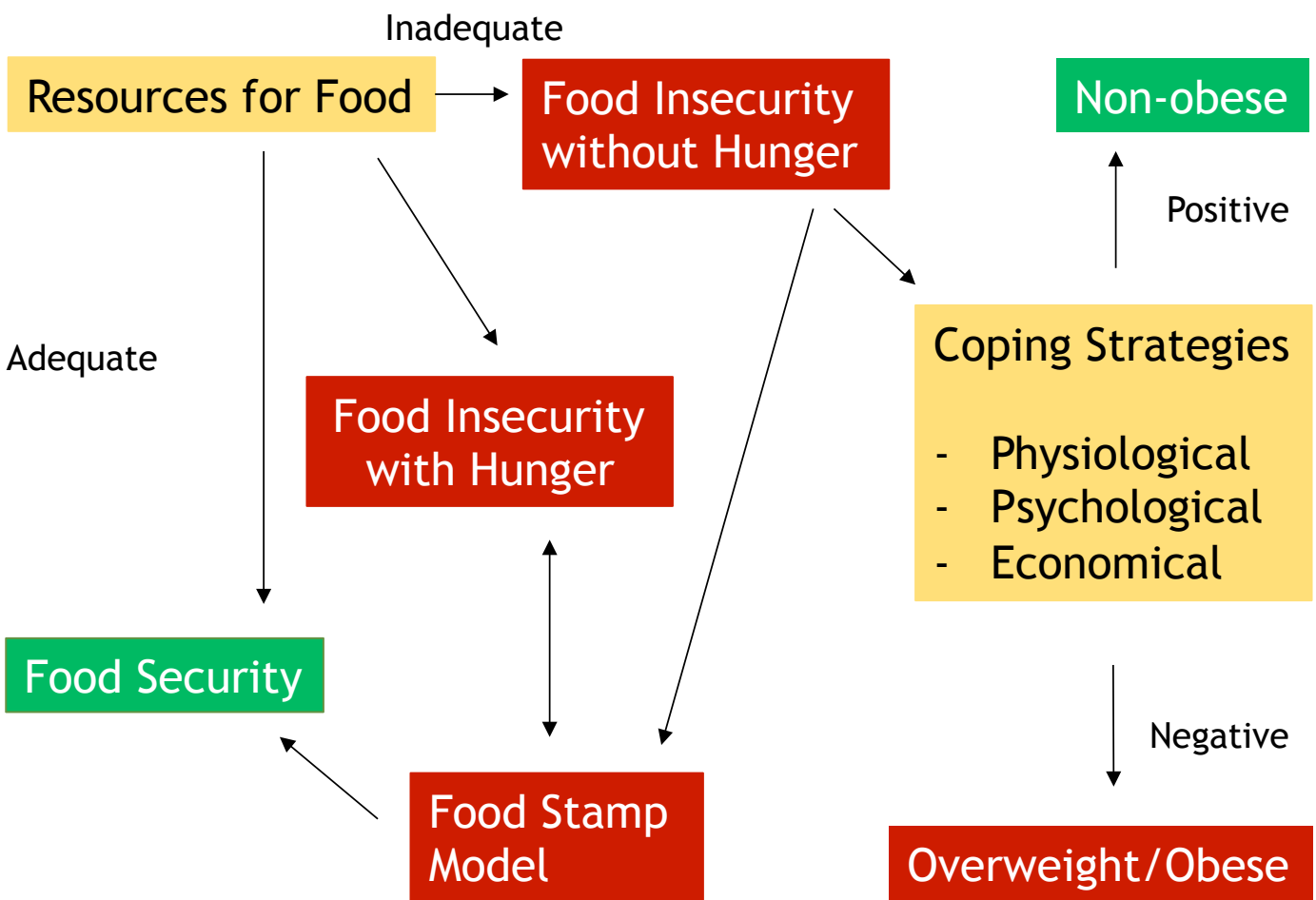
may result from an abusive physiological response to episodic food insecurity, which can lead to binge eating habits when food is plentiful.



## Cyclical food restriction...



has been associated with an increase in body fat, decreases in lean muscle mass, and quicker weight gain with response to referring.



## Food stamp cycle...

refers to a 3-week period of overeating when SNAP resources are available, followed by a one week period of involuntary food restriction when resources have been depleted.

Reference: Dinour LM, Bergen D, Yeh M-C. The Food Insecurity-Obesity Paradox: A Review of the Literature and the Role Food Stamps May Play. *Journal of the American Dietetic Association*. 2007;107(11):1952-1961.