

《研究：吃精制碳水早餐会降低颜值》

变美最简单的办法可能就是吃个粗粮早餐。法国的一项研究发现，相比早餐吃粗粮的人，早餐吃精制碳水化合物的人容貌看起来更没有吸引力。



If you want to look your best in the morning, it may be worth swapping the ultra-processed pastries and fruit juice for wholemeal toast and tea without sugar.

如果你想在早上容光焕发，建议你把精制面点和水果汁换成全麦吐司和不加糖的茶。

Researchers in France found that people who ate a breakfast rich in refined carbohydrates were rated less attractive than those who started the day with healthier unrefined carbs.

法国的一项研究发现，与早餐吃更健康的粗粮的人相比，早餐吃精制碳水化合物的人被认为外貌吸引力较低。

Scientists at the University of Montpellier believe the subtle shift in facial attractiveness may be driven by changes in blood sugar and insulin that can affect skin appearance and have longer-term effects on sex hormones.

法国蒙彼利埃大学的科学家认为，外貌吸引力的这一微妙改变可能与血糖和胰岛素的变化有关，这些变化会影响皮肤外观并对性激素产生长期影响。

"It's surprising to consider but our dietary choices can have rapid effects on our appearance," said Dr Claire Berticat, an evolutionary biologist and the first author on the study. "These physiological changes could subtly alter facial features, impacting how others perceive attractiveness."

该研究的主要作者、进化生物学家克莱尔·伯蒂卡特博士表示：“虽然令人惊讶，但我们的饮食选择对我们外貌的影响是立竿见影的。这些生理变化可能会微妙地改变面部特征，从而影响他人感知到的吸引力。”

The researchers recruited 52 men and 52 women aged 20 to 30 and randomly assigned them to have a 500-calorie breakfast rich in either refined or unrefined carbohydrates. The refined carbs breakfast included a French baguette made from industrially milled flour, jam, apple or orange juice, and tea or coffee with sugar available. The unrefined carbs meal was stoneground wholemeal bread with butter and cheese, an orange or apple, and tea or coffee without sugar.

研究人员招募了52名20至30岁的男性和女性，并随机分配给他们一份富含精制或粗制碳水化合物的500卡路里早餐。精制碳水化合物早餐包括工业碾磨面粉制成的法式长棍面包、果酱、苹果或橙汁以及加糖的茶或咖啡。粗制碳水化合物早餐则由研磨全麦面包配黄油和奶酪、橙子或苹果以及不加糖的茶或咖啡组成。

The scientists measured blood sugar levels of volunteers before and after they ate and then took headshots of the participants under controlled lighting conditions. The photos were then passed to groups of raters to estimate how old, how masculine or feminine and how attractive the individuals looked.

科学家在志愿者进食前后测量他们的血糖水平，然后在受控光照条件下拍摄他们的头像照片。随后将照片交给评审员小组，让他们估计照片中的人看起来有多年轻、多男性化或女性化以及多具有吸引力。

Writing in Plos One, the researchers claim that eating refined carbohydrates for breakfast decreased facial attractiveness for men and women.

研究人员在《公共科学图书馆期刊》上发表的研究报告指出，食用精制碳水化合物早餐会降低男性和女性的外貌吸引力。

"The effect varies by gender and meal type, underscoring the complex relationship between diet and attractiveness," Berticat said. "Our findings serve as a compelling reminder of the far-reaching impact of dietary choices not only on health but also on traits having particular social importance such as facial attractiveness."

伯蒂卡特博士说：“这种影响因性别和用餐类型而异，强调了饮食和吸引力之间复杂的关系。我们的发现有力地提醒人们，饮食选择不仅会对健康产生长远影响，还会影响对社交很重要的特征，比如面部吸引力。”

Refined carbohydrates can produce spikes in blood sugar, which the body counters by releasing insulin. The response can drive sugar levels too low, a condition called hypoglycaemia, and affect blood flow and skin appearance. In the study, only the refined carbs breakfast produced hypoglycaemia.

精制碳水化合物会导致血糖飙升，身体会通过释放胰岛素来应对。这种反应会导致血糖水平降得太低(称为低血糖症)，并影响血液流动和皮肤外观。这项研究发现，只有精制碳水化合物早餐会导致低血糖症。

David Perrett, a professor of psychology at the University of St Andrews, who has studied facial cues for health, said there should be no surprise that diet affects attractiveness. Fruit and vegetables improved attractiveness by increasing plant pigments called carotenoids in the skin, he said, while high-sugar diets could age the skin.

圣安德鲁斯大学心理学教授、研究面部健康线索的大卫·佩雷特表示，饮食会影响吸引力并不令人惊讶。他说，水果和蔬菜通过增加皮肤中称为类胡萝卜素的植物色素来提高吸引力，而高糖饮食则会使皮肤老化。

"The authors suggest that the refined carbohydrate could be affecting peripheral blood flow," Perrett said. "Blood flow can change skin appearance very rapidly. One can see the impact within seconds in the case of feeling sick when the blood drains from the skin. We found that most people look healthier, and more attractive, when their skin colour reflects a slight rise in oxygenated blood."

佩雷特说：“研究作者指出精制碳水化合物可能会影响外周血流。血流可以非常迅速地改变皮肤外观。当人们感觉恶心时，血液从皮肤流失，几秒钟内就能看到影响。我们发现，当皮肤颜色反映出血氧轻微上升时，大多数人看起来更健康、更具吸引力。”

Asked what advice she would give to people who wanted to look their best, Berticat said: "We know that refined carbohydrates have a negative impact on health and that's reason enough to limit their consumption."

当被问及对想要保持最佳容貌的人有何建议时，伯蒂卡特博士说：“我们知道精制碳水化合物会对健康产生负面影响，这就是限制摄入量的充分理由。”

重点词汇

Perrett 佩雷特



the University of St Andrews 圣安德鲁斯大学；圣安德鲁大学；英国圣安德鲁斯大学；世界中第三

attractiveness 吸引力;迷惑力

carotenoids 类胡萝卜素；胡萝卜素；类胡萝卜素；类胡萝卜素类；类胡萝卜素

peripheral blood 外周血；外周血象；周边血；周边血液

in the case of 假使；假使，如果发生

more attractive 有吸引力的；吸引人的；诱人的；性感的；英俊的；令人愉快的；妩媚的；attractive的比较级

skin colour 肤色

oxygenated 供氧；输氧；氧化的;充了氧的;充满氧气的；oxygenate的过去分词

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