

Healthy diet

- 1 People who cut out carbohydrates tend to have a higher protein intake because they replace carb-filled foods such as bread and pasta with protein-rich meat and dairy.
- 2 Since protein boosts dopamine in our blood and dopamine affects decision-making, Soyoung Park of the University of Lübeck in Germany wondered whether a low-carb diet might change people's behaviour.
- 3 To find out, her team asked people to participate in the "ultimatum game", in which you are split into pairs. Your partner is given some money and they decide how much to share with you. If you accept the offer, both of you get the cash, but if you reject it, no one gets anything.
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- 7 Dopamine might have this effect because it is involved in signalling that we have experienced a reward. Perhaps people with higher baseline dopamine levels found a lower sum of money offered by their partner more satisfying and were therefore more likely to find their low offer acceptable, speculates Park.

adapted from *NewScientist*, 2017