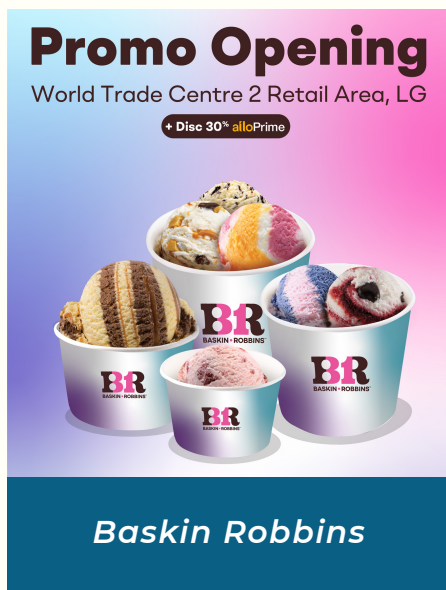


# INSIGHT

WTC COMMUNITY WEEKLY



*Kem Chick's Beau Daily*



*Baskin Robbins*

## *Always Room for Dessert*

It's happened to you before: You finish a big meal and feel *full*. Stuffed. No more eating. But then out comes dessert and, well, you eat it anyway.

This is called sensory-specific satiety and the science behind this is quite straightforward: your senses are getting 'bored'.

Dessert stomach is the phenomenon where the more food you eat of the same kind, the less appealing it becomes. So even though you might eat a variety of food in one sitting, they all satiate the palate in a similar way.

A dessert introduces a new experience in terms of flavour, smell, and sight, and breaks the monotony of the meal. They increase the body's anticipation of food, rekindling our appetite by overriding satiety signals. Essentially, by eating a dessert after feeling satiated, you're tricking your brain into thinking that you are not actually full.

There is also another factor that could explain why you always have enough space for dessert. Sugar stimulates a relaxing effect in the stomach, which reduces the sensation of being full, explaining why you can consume dessert even after eating to your stomach's content.

Now, speaking of dessert, have you tried the latest ice creams at the WTC?

Family Mart offers their new Black & Pink cone and Famitwist swirled yoghurt, Baskin-Robbins recently opened at WTC 2 and Kem Chick's Beau Daily is promoting its Canelé Dream Cream soft serve.

And don't worry, you'll have the room for them.

Yours truly,  
the community editor