

Eating more fatty foods? This is the reason we crave calorific carbs during winter months

By [Isabel Dobinson](#) Reporter

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There are countless excuses we tell ourselves when we reach for the biscuit tin – you're either going to the gym tonight, starting a diet tomorrow or it is a well deserved "treat".

As [Surrey is engulfed in snow](#) , [train lines grind to a halt and roads become increasingly treacherous](#) , the creamy hot chocolates and bowls of cheesy pasta become that little bit more tempting.

Yet craving fatty carbs during the cold winter months IS a real thing – it is in fact, down to biology.

While others reach for the snow boots, *Get Surrey* is on hand to reassure you why it's okay to curl up by the fire with a big mug of chocolaty goodness and mountain of Nutella covered crumpets.

And hey, you can't argue with science, right?

Freezing temperatures, dark days and more time spent indoors can significantly impact when, how much and what you eat, says [Everyday Health](#) .

According to one author, it could be part of our biology.

Writer of *The Body Clock Diet* , Laura Cipullo, argues the winter triggers changes in the body to make us crave higher calorie treats more than during

the warmer months.

A study published in *Nature* journal argues cold weather stimulates an "evolutionary relic" in our bodies to fatten us up to survive tough environmental conditions - just like wild animals.



This super macaroni and cheese will warm you up on a cold winters night (Image: iStockphoto)

It reported that on average, participants consumed 86 more calories per day during autumn than in spring and ate significantly more fatty foods in winter months.

Another theory is that the change of season may impact our hormones that control hunger and appetite.

A review published in the journal *Frontiers in Neuroscience* found that seasonal changes due to daylight hours may affect food cravings.



Bring on the carbs (Image: Getty Images)

In the light of these guilt-free revelations, *Get Surrey* reporters have shared their favourite treats to inspire your winter fuel cravings:

- Buttered toast
- Pizza
- Swiss rolls
- Lentil soup with fresh bread
- Shepherd's pie
- Hot cross buns
- Crumpets with Nutella
- Galaxy chocolate
- Pints ("genuinely")
- Cheesy pasta bake
- Cheesy toast with a "dash of Worcestershire Sauce"
- Sticky toffee pudding

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