

## **Abstract**

This work deals with food addiction, mainly its neurobiological basis. The fact that highly processed food high in calories can have effects similar to those of addictive substances has been known for decades, however with the rapidly increasing prevalence of obesity in the last few years, there is more and more research being done in this area. Food addiction very often correlates with obesity and eating disorders, such as binge eating disorder, and naturally has a negative impact on the health of an increasing number of people. Excessive consumption of highly caloric foods causes changes in the neural pathways in the brain, especially those connected to dopamine and the reward system which, similarly to substance use disorders, leads to addiction, which manifests itself in loss of control over the consumption, developed tolerance and withdrawal symptoms. Stress together with various mental health disorders such as depression and anxiety are often factors contributing to the development of addiction. Understanding the similarities between food addiction and substance use disorders can be beneficial for finding an appropriate treatment. Cognitive intervention and therapeutic methods seem to be the most effective, on the other hand strict diets and efforts to make major lifestyle changes often bring undesirable results.

**Keywords:** food addiction, obesity, binge eating, dopamine, reward system