



Depression, Alcoholism, Linked to Sweet Tooth

February 10, 2010 By [David Evans](#)

Children with depressive symptoms or a family history of excessive alcohol were more likely to like lots of sugar, according to a [report](#) in the Palm Beach Post.

The study looked at 300 kids and gave them water with five levels of sugar in them. The kids with depressive symptoms or whose parents drank a lot of alcohol liked their sweetened water about one third more intensely sweet than the average kid - the equivalent of 14 teaspoons of sugar in one cup of water.

“At this point, we don’t know whether this higher ‘bliss point’ for sweets is a marker for later alcohol use,” commented the study’s author, Julie Mennella.

A cautionary note, researchers reported that 49 percent of the kids in the study had parents that drank a lot of alcohol. This seems unusually high to me. Even if it doesn’t perfectly predict alcohol or drug abuse though, I’d bet that it does predict a life-long struggle with weight control.

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.sanemag.com/blog/depression-alcoholism-linked-sweet-tooth>