

■ FIGURE 10.1 How Is the Intake of Food and Drugs Similar and Different?

The intake of food and drugs can be described in terms of three systems: a cognitive system, a dopamine reward system, and an energy system. With food, our bodies make a computation in terms of energy needs and the feelings of hunger and satiety. Drugs, on the other hand, mainly influence the reward pathways of the brain.

Source: Volkow et al. (2013, p. 6).

