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Neural correlates of top-down guidance of attention to food: an fMRI study

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1 **Highlights**

- 2 - Attention is more efficiently drawn to food stimuli when thinking about food;
- 3 - Using imaging we show that holding food-related information in mind is less taxing;
- 4 Holding food in memory biases perception to food items.
- 5

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6 **Neural correlates of top-down guidance of attention to food: an fMRI study**

7 **Short title: Neural correlates of attention to food**

8

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26 **Highlights**

- 27 - Attention is more efficiently drawn to food stimuli when thinking about food;
- 28 - Using imaging we show that holding food-related information in mind is less taxing;
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30 **Abstract**

31 We investigated the neural correlates of working memory guided attentional selection of food versus
32 non-food stimuli in young women. Participants were thirty-two women, aged 20.6y (\pm 0.5) who were
33 presented with a cue (food or non-food item) to hold in working memory. Subsequently, they had to
34 search for a target in a 2-item display where target and distractor stimuli were each flanked by a
35 picture of a food or a non-food item. The behavioural data showed that attention is particularly
36 efficiently drawn to food stimuli when thinking about food. Using fMRI, we found that holding a non-
37 food versus food stimulus in working memory was associated with increased activity in occipital
38 gyrus, fusiform, inferior and superior frontal gyrus. In the posterior cingulum, retrosplenial cortex, a
39 food item that re-appeared in the search array when it was held in memory led to a reduced response,
40 compared to when it did not re-appear. The reverse effect was found for non-food stimuli. The extent
41 of the reappearance effect correlated with the attentional capture of food as measured behaviourally.
42 In conclusion, these results suggest that holding food in mind may bias attention because thinking of
43 food facilitated neuronal responses to sensory input related to food stimuli and because holding food-
44 related information in mind is less taxing on memory.

45

46 **Key words:** fMRI, neural correlates, attention, food, memory

47

48 1. Introduction

49 Food images are everywhere, from vending machines, to cafes and billboards. Food-related stimuli
50 can promote food intake, as well as enhance our hedonic responses to food when it is eaten [1, 2].

51 This ubiquitous nature of food stimuli may explain why some people find it difficult to avoid
52 overeating in the current food environment. One reason why exposure to food stimuli can stimulate
53 food intake is because food-related stimuli may capture our attention very easily.

54 There is now ample evidence that both “bottom-up” reward driven and “top-down” cognitively driven
55 processes are important in determining the attention we pay to objects in the environment, including
56 food-related stimuli [3-6]. Soto and colleagues [7, 8] reported that information held in working
57 memory, caused attention to be drawn to similar stimuli in a search array, even when this information
58 was irrelevant to the search.

59 fMRI studies showed that this effect was associated with a change in cortical and sub-cortical
60 responses reflecting an interaction between working memory and selective attention processes [9]. In
61 comparison to mere repetition of a stimulus, a stimulus that was held in memory led to two types of
62 effects when it re-appeared in the search array: 1) an enhanced response related to the re-appearance
63 of a stimulus in the array that was unrelated to its proximity to the search target (known as the re-
64 appearance effect); 2) a differential response when the stimulus was in proximity to the search target
65 or the distracter (known as the a validity effect).

66 These effects were observed in medial orbital frontal cortex, superior frontal cortex, thalamus and
67 lateral occipital areas [10] and were reduced with increased cognitive load of working memory [11].

68 An fMRI study -[11] showed that a working memory load in the context of the above paradigm, was
69 marked by an increase of the fronto-parietal response when comparing the low to the high memory
70 load condition. The validity effect (valid > invalid) in the left prefrontal cortex was stronger in low
71 relative to high memory load. The reappearance effect was observed in posterior cingulum, but was
72 unaffected by the memory load manipulation.

73 Using the same paradigm, an ERP study [12] showed a greater response in early spatial attention
74 components (N1PC, N2PC) when the item held in memory appeared next to the target and **the**
75 reversed pattern when it appeared next to the distracter. We adapted this paradigm to investigate the
76 impact of food information on top-down biases of selective attention. To experimentally induce an
77 increase in food-related thoughts, participants were asked to memorise a food (or non-food) item
78 before completing a search task for a geometrical shape.

79 Across several behavioural studies, we showed that holding food-related information in working
80 memory biases attention to food stimuli (e.g. [5, 13]). Participants identified the target faster while
81 memorising food stimuli compared with non-food stimuli. This suggests that thinking about food is
82 potentially associated with lower cognitive load than thinking about non-food stimuli [5, 6, 13-15].
83 We also showed **a** stronger validity effect to food items. Holding a food item in memory, led to an
84 attentional bias towards a food stimulus when it was presented as a flanker in a search array [5, 6, 13-
85 15].

86 The **attentional** bias toward food stimuli (when memorized), was larger than for non-food stimuli.
87 This suggests that top-down guidance of attention to food stimuli is particularly strong [5, 6, 13-15],
88 which may in turn negatively impact the ability to inhibit food (relative to non-food) thoughts and the
89 selective biases to food. In a different experiment, we assessed the real life impact of this bias and
90 showed that the strength of **individual's** bias toward food stimuli (when held in memory), positively
91 predicted weight gained after **12 months** [16].

92 In a follow up study, we used ERP [6, 14] to study the neural dynamics of the capture of attention by
93 food, when it is held in working memory. Holding food in memory led to an increased response in
94 late ERP **components** (P3 [250 -450ms], LPP [460-660]) [6]. The P3 also showed the re-appearance
95 effect, with larger responses **on** neutral than valid and invalid **trials**. The P3 electrophysiological
96 measure is reported to be stronger under low, compared to high working memory load [17]. P3 was
97 shown to be stronger when the selective attention task was completed under a low versus high
98 cognitive load task [18]. The LPP is typically more positive for emotional relative to non-emotional

99 stimuli (e.g.[19]) and is argued to reflect an increase in arousal which is mediated by the amygdala
100 [20]. Overall, these electrophysiological ERP findings suggest that food may be processed more
101 efficiently and therefore gain privileged access to working memory, which leads to stronger top-down
102 bias, when compared with non-food stimuli. Furthermore, the data also suggest that re-appearance of
103 items held in memory in the search array is associated with reduced cognitive load.

104 Similar to the behavioural results, the ERP data showed that food modulated the validity effect, i.e.
105 the interaction between working memory content and search target. For non-food [17], early markers
106 of spatial attention (N1PC[120-230ms], N2PC[230-330]) replicated previous findings with
107 geometrical shapes [12]. Both the N1PC and N2PC showed greater negativity during valid than
108 invalid trials, as typically reported in the literature. In contrast, selective attention toward food stimuli
109 when held in memory showed a reverse pattern for N1PC and N2PC.

110 When food item held in memory was flanked by the search target, N1PC showed increased positivity,
111 followed by N2PC which showed the more common increased negativity. The validity effect was
112 unrelated to whether participants were asked to hold the food in memory or merely view it prior to the
113 search task. This led the authors [14] to suggest that modulation of selective attention by food is
114 driven by bottom rather than top-down up processes. These observations support the enhanced
115 perception hypothesis for affective stimuli, by which perception and attention are facilitated through
116 the increase in arousal and vigilance (e.g. [21]) for food stimuli.

117 In the present study, we used fMRI to assess the neural correlates of top-down guidance of attention
118 to food stimuli in young women. Based on our previous behavioural findings [5, 6, 13-15], we
119 hypothesised that food stimuli would have privileged access to working memory and that this would
120 be reflected in greater modulation of attentional selection in a visual search task, compared to non-
121 food stimuli. In accordance with earlier studies, we expected to find neural responses that reflect the
122 low cognitive load of storing food content in memory. We also expected that food would modulate the
123 interaction between the content of working memory and selective attention.

124

125 **2 Materials and methods**

126 **2.1 Participants**

127 Thirty-two healthy, right-handed women from the School of Psychology of the University of
128 Birmingham, took part for either course credits or cash. The mean age was 20.6 y (\pm 0.5) and the
129 mean body mass index (BMI) was 21.3 kg/m² (\pm 0.5). The mean hunger and fullness scores measured
130 using 100 mm visual analogue scales (VAS) were 49 \pm 5 mm and 32 \pm 5 mm at the start of the
131 experiment, which suggests that participants were neither hungry nor full [22]. Because our previous
132 study [13] showed that dietary success affects top-down guidance of attention to food stimuli,
133 participants were pre-screened to be non-dieters. Participants had low Three Factor Eating
134 Questionnaire (TFEQ) restraint scores (mean score 5.7, range 0-12) and low tendency towards
135 disinhibition of restraint score (mean score 5.8, range 1-13) [23, 24]. Finally, all participants had
136 normal or corrected-to-normal-vision. Written informed consent was obtained from all participants.
137 The study was approved by the Ethics Committee of the University of Birmingham and conformed to
138 the Declaration of Helsinki. Two participants were excluded, post hoc, from the fMRI analysis due to
139 **artefacts** in the images.

140 **2.2 Procedure**

141 The experiment took place in the morning and participants were asked to refrain from eating before
142 attending the study (overnight fast). Upon arrival, the participants were first asked to report on
143 demographic characteristics and rated feelings of hunger, fullness and desire to eat, using 100mm
144 VAS anchored by word descriptions at each end that express two extreme states of the condition (e.g.
145 "Not Hungry at all", "Very Hungry"). Subsequently, participants were scanned during which they
146 performed a working memory selection task. After the scan, participants completed the VAS once
147 more and had their height (cm) and weight (kg) measured.

148 **2.3 Working memory task**

149 A dual task paradigm was used in which the participant had to hold a stimulus in working memory,
150 while performing a visual search task [5, 6, 13-15, 25]. The stimuli to be held in working memory
151 were pictures of food stimuli and non-food stimuli (household or stationary items). These pictures
152 were presented in black and white, sized 480 x 480 pixels, in the middle of the screen on a black
153 background. Pictures were not presented in colour to prevent attention being drawn due to difference
154 in colour or colour distribution between the food and non-food stimuli. The search target was a circle
155 and the task was to indicate its position relative to fixation; a square was used as a distracter and fell
156 in the opposite field to the target. The search array contained two flanker pictures, one aligned with
157 the target and one with the distracter. The pictures in the search array were irrelevant to the search
158 task but, on two thirds of the trials, one of the pictures was the item held in working memory (Figure
159 1a).

160 There were three trial types: 1) valid trials in which the target was flanked by the picture held in
161 working memory and the distracter was flanked by a picture from one of the other stimuli categories,
162 2) invalid trials, in which the distracter was flanked by the picture held in working memory and the
163 target was flanked by a picture from one of the other stimuli categories, or 3) neutral trials in which
164 both the target and distracter were flanked by pictures from categories different from the picture held
165 in working memory (see Figure 1b for an example of food valid, food neutral, and food invalid trials).
166 A full factorial experiment design was used with the factors; memory stimuli type (food, non-food)
167 and trial type (valid, neutral, invalid). The trials occurred randomly with equal probability.

168 A trial (Figure 1a) started with a red exclamation mark for 600ms, followed by a picture for 500ms
169 that the participants had to keep in working memory. The search array then appeared. It consisted of a
170 target (circle) and a distracter (square) falling randomly to the left or right of fixation (7.4° visual
171 angle from fixation). Participants responded with their right hand using the index or middle finger to
172 indicate whether the target was on the left or right of fixation with a maximum response time set at
173 800ms. After the search array, a fixation-cross appeared for 400ms. On 10% of the trials a memory
174 probe followed the search display to test whether participants were memorizing the stimuli. On these
175 trials a picture from the same category as the item in working memory appeared for 3000ms, and

176 participants indicated whether the picture was the same or different to the working memory stimulus.
177 Participants then responded with their right hand using the index or middle finger, to indicate whether
178 the picture in working memory matched the memory probe. Participants were instructed to give equal
179 priority to the search and memory tasks and to perform as quickly and accurately as possible. The
180 inter-trial interval was jittered randomly between 700-2700ms. The task consisted of 384 trials
181 (divided in four blocks), and took 30 minutes to complete. The experiment was implemented using E-
182 prime (Version 1.2 – Psychology Software Tools).

183 **2.4 fMRI data acquisition**

184 Imaging was performed using a Philips 3-T Achieva system (Philips Medical Systems, Eindhoven, the
185 Netherlands) at the Birmingham University Imaging Centre. Structural images were acquired with a
186 T1-weighted sequence. Functional images were acquired with a gradient echoplanar T2*-sequence
187 (36 frontal temporal oblique slices, 3-mm thickness without a gap, acquired in ascending order), with
188 an in-plane resolution of 2.5×2.5 mm, 82° flip angle, 35 msec echo time, and 2200 msec slice
189 repetition time. Images were acquired using an eight-channel phase array coil with a sense factor of 2.
190 Data were collected in two waves and we used cohort waves as a covariate in the analyses.

191 **2.5 Behavioural data analysis**

192 For the reaction time (RT) analysis, incorrect responses to the search task, and memory task, as well
193 as reaction times (RTs) that were ± 3 standard deviations from the search mean were removed.
194 There was no evidence of a speed–accuracy trade off and all further RT analyses included only
195 correct trials. Behavioural response times were analysed using SPSS 22.0 for Windows (Armonk,
196 NY: IBM Corp). We compared the RTs for correct search responses, using repeated measure
197 ANOVA.

198 **2.6 fMRI data analysis**

199 Functional imaging data were analysed using SPM12 (Wellcome Department of Cognitive
200 Neurology, London, UK) run with MATLAB 2015 (Mathworks Inc, Natick, MA) and the WFU

201 Pickatlas-tool [26], using standard procedures [27, 28]. After motion-correction and realignment,
202 high-resolution T1 images were co-registered to the mean image of the EPI series for each participant.
203 The unified segmentation algorithm was performed to compute a grey matter probability map. These
204 were used subsequently in Diffeomorphic Anatomical Registration through Exponentiated Lie
205 Algebra (DARTEL) for inter-participant registration. The registered images were transformed to
206 Montreal Neurological Institute (MNI) space and then smoothed with a Gaussian kernel (9 mm).
207 Scans that included head movements exceeding 3 mm in any direction during task performance were
208 excluded from further analysis. This resulted in excluding two subjects due to extreme movement.

209 For data analysis, we used a general linear model. We first estimated the effect size for each
210 participant for each condition across all four fMRI sessions. We modelled the onset of the WM
211 stimuli on each trial separately for each condition, resulting in: food valid, non-food valid, food
212 invalid, non-food invalid, food neutral and non-food neutral trials. We also included a regressor for
213 the onset of error trials. Each event was modelled by a gamma function and convolved with the
214 canonical hemodynamic response function. Additionally, we included 6 movement parameters and a
215 set of harmonic regressors to capture low frequency changes (1 - 128 Hz) in the signal. Finally, for
216 each trial condition we added search RT as a covariate to control for difference in RT. Effects across
217 participants were tested in a group level (second level) analysis.

218 Summary statistics were used to test the reliability of effects using the general linear model, treating
219 subjects as random variable, assuming dependency between condition and unequal variance. The
220 second level model included the six conditions (averaged across all sessions) and also included a
221 covariate of the scanner software (reflecting the two waves of recruitment). We tested the following
222 contrasts: 1) main effect of memory content (cue type): food versus non-food; 2) validity effect
223 (Interaction-1 between memory and search task, trial type): valid versus invalid; 3) re-appearance
224 effect (Interaction-2 between memory and search task, trial type): valid + invalid versus neutral; 4)
225 Interaction between memory content and validity; 5) interaction between memory content and re-
226 appearance effect.

227 We report results that survive whole-brain family-wise error (FWE) correction ($P < 0.05$) at cluster or
228 peak levels, with voxel significance ($p < .001$ uncorrected). Anatomical labelling of the results was
229 carried out using the Anatomical Automatic Labelling toolbox (AAL). The charts and scatters were
230 created by extracting the Eigen variate of a 6mm sphere centred at the group peak.

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233 **3. Results**234 **Behavioural data**

235 Overall accuracy was high with 90.2% correct responses on the search task and 84.6% correct
236 responses on the memory catch trials. A 3×2 repeated-measures ANOVA with the factors memory
237 stimulus type (food, non-food) and trial type (valid, invalid, neutral) was run with number or error
238 trials as the dependent variable. There was a main effect of trial type, $F(2,62) = 34.35$, $p < 0.001$, η^2
239 $= 0.52$. Errors for valid trials (mean=3.42 SD=.51) were smaller than errors for neutral (mean=6.78,
240 SD=.86), which were smaller than errors in invalid trials (9.58, SD=1.1). Error numbers were not
241 different between food and non-food memory stimulus cues ($\eta^2 = 0.07$).

242 There was a significant interaction between memory stimulus type and trial type, $F(2,62) = 6.84$ $p =$
243 0.002 , $\eta^2 = 0.18$. To follow up this interaction, we computed the impact of stimulus type in each trial
244 type. For valid trials, accuracy was higher when a food stimulus was held in working memory,
245 compared to a non-food stimulus, $t(31) = 2.25$, $p = 0.003$. Similarly for neutral trials, accuracy was
246 higher for food relative to non-food, $t(31) = 2.1$, $p = 0.044$. For invalid trials, a tendency for a reversed
247 pattern was observed with lower accuracy for food compared with non-food trials, $t(31) = -1.75$, $p =$
248 0.09 .

249 A 3×2 repeated-measures ANOVA with the factors memory stimulus type (food vs. non-food) and
250 trial type (valid vs. invalid vs. neutral) was run with correct trial RT as dependent variable. Mean
251 reaction times (RT in milliseconds) to food stimuli and non-food stimuli for valid, invalid and neutral
252 trials are presented in Figure 2. There was a main effect of trial, $F(2,62) = 126.6$ $p < 0.001$, $\eta^2 = 0.8$,
253 whereby RTs for valid trials were faster than RTs for neutral and invalid trials, and RTs for neutral
254 trials were faster than RTs for invalid trials, and a main effect of stimulus type, $F(1,31) = 12.0$ $p =$
255 0.002 , $\eta^2 = 0.29$, whereby participants had a faster RTs for food memory stimuli than or non-food
256 memory stimuli.

257 There was a significant interaction between stimulus type and trial type $F(2,62) = 6.0, p = 0.001, \eta^2$
258 $= 0.2$. To follow up this interaction, we computed the impact of stimulus type in each trial type. For
259 valid trials, RTs were faster when a food stimulus was held in working memory, compared to a non-
260 food stimulus, $t(31) = -9.277, p < 0.001$. For neutral trials, there was no effect of stimulus type, $t(31)$
261 $= -1.64, p = 0.96$. Similarly for invalid trials, there was no significant effect of stimulus type, $t(31) =$
262 $.049, p = 0.11$.

263 Taken together the results suggest that it is easier to hold food than non-food stimuli in memory;
264 holding food (relative to non-food) in memory was associated with reduced cognitive load.
265 Furthermore, attention is captured by information held in memory, an effect that was larger for food
266 than non-food.

267 **fMRI data**

268 We observed a main effect of stimulus type (Table 1A, Figure 3A): holding a non-food versus food
269 stimulus in working memory was associated with increased activity in middle superior frontal gyrus
270 and posterior occipital cortex, extending to ventral (inferior occipital gyrus and fusiform gyrus) and
271 dorsal (inferior parietal cortex) associative cortex. The reverse contrast was associated with increased
272 response in the posterior calcarine sulcus, though this effect only survived FWE correction at peak
273 level. At a lower threshold we observed regions that are commonly associated with responses to food
274 stimuli (e.g. middle orbital frontal cortex, insula and amygdala). This pattern of results was observed
275 even when we consider only the trials in which food pictures were presented in the search.

276 We also observed a validity effect (effect of trial type), reflecting the interaction between memory and
277 search that was independent of the working memory content (stimulus type) (see Table 1B, Figure
278 3B). Specifically, when the item in working memory was flanked by the search distracter (relative to
279 the search target) an increased response was observed in bilateral inferior parietal sulci extending to
280 bilateral superior parietal sulcus; bilateral inferior occipital extending to the fusiform gyrus. We did
281 not find a reverse validity effect (valid > invalid). Neither of the validity effects interacted with the
282 content of working memory.

283 In contrast, the content of memory affected the second type of interaction between memory and
284 selective attention: aka the re-appearance effect (Figure 4). In comparison to non-food stimuli, we
285 observed decreased responses to a food item that re-appeared in the search array when it was held in
286 memory, compared to when it did not re-appear (food > non-food \rightarrow [valid + invalid] < neutral). This
287 was observed in the posterior cingulum cortex (MNI: [9 -39 39], $z=3.86$, cluster size = 113, cluster
288 level $P_{FWE} = .015$).

289 To assess the relevance of the interaction effect observed in posterior cingulum to the observed
290 behavioural responses, we computed a correlation between **neural responses** and behaviour; for the
291 differential impact of holding food and non-food in memory on the selective attention (Figure 4). For
292 the behavioural data, we computed a differential validity effect: Food(valid – invalid) – non-
293 Food(valid – invalid). For accuracy, higher values reflect stronger capture of attention to food than
294 non-food, while the reverse pattern is the case for RT. For fMRI, we computed a differential re-
295 appearance effects: (Food(valid+invalid) – neutral*2) – non-food(valid+invalid) – neutral*2). Here
296 positive values suggest a stronger reactivation for items held in memory that re-appear in the search
297 array, while a negative response, suggests stronger deactivation when the memory item reappears in
298 the search array. We observed a reliable correlation for accuracy (Pearson rho = -.50, Spearman rho = -
299 .56, $p < .005$), the correlation with the RT was not reliable but was in the expected direction (Pearson
300 rho = .14, Spearman rho = .24, $p > .21$). This association suggests that the capturing of attention by
301 food (relative to non-food) was large in participants who showed stronger deactivation when food
302 item re-appeared in the search array.

303

304 **4 Discussion**

305 The current study examined the neural correlates of working memory biases for food related stimuli,
306 compared to non-food stimuli, in young women. Our behavioural data matched earlier results [5, 6,
307 13-15], namely that a food stimulus held in working memory modulated the deployment of visual
308 attention to a search target, benefitting performance on valid trials. In other words, response to a target
309 was facilitated when it was flanked by a food stimulus that was held in working memory. These
310 behavioural data provide further evidence that thinking about food enhances attention to food stimuli
311 in the environment. This top-down bias of attention to food was primarily associated with guidance of
312 attention (valid trials), rather than interference (invalid trials).

313 At a neural level, we tested whether top-down guidance of attention relates to reduced memory load
314 when holding a food item in memory [6, 14, 17, 18]. We found reduced involvement of associative
315 visual regions in occipital parietal and temporal cortices as well as superior frontal, when holding a
316 food, relative to non-food stimulus, in working memory. Increased response to food, relative to non-
317 food, was observed in posterior calcarine sulcus and less reliably in other regions associated with
318 processing of food pictures. The validity effect was not modulated by memory cue, but when a food
319 re-appeared in the search array independent of its validity to the search task, there was a decreased
320 response in posterior-cingulum cortex (i.e. retrosplenial region). This latter effect was reversed when
321 non-food was held in memory. The reappearance effect in this region correlated with the behavioural
322 results.

323 **Memory for food is suggested** to be an important factor in regulating our eating behaviour [29]. It is
324 therefore, not surprising that holding food items in memory is easier than holding non-food items in
325 memory, as our brain is potentially well trained in memorising these type of stimuli. This is aligned
326 with the increase of P3 and LPP ERPs when food stimuli, compared to non-food stimuli were held in
327 memory [6]. It is surprising that we only observed weak reliability for remembering food in regions
328 typically reported to be activated when viewing food than non-food pictures [30]. This might be
329 because in this study visual pictures of food appeared both when remembering food and non-food. It

330 may also be because the analysis focused on the search task, in which the food stimuli were irrelevant.
331 In the search task participants were asked to search for a geometrical shape, and the food stimuli
332 could be in vicinity to the target, or the distracter. It has been suggested that responses to food stimuli
333 depends on task requirement and attention [31].

334 A novel finding we observed in posterior cingulum (retrosplenial cortex) was that the interaction
335 between memory and the search display is modulated by the content of memory. When a food item
336 was held in memory and re-appeared in the search array, it showed a reduced response compared to
337 when it did not re-appear. The reverse pattern was observed when non-food memory items re-
338 appeared in the search array. Previous studies that used a similar paradigm with simple geometrical
339 shape, reported a re-appearance effect within the posterior cingulum [7, 8, 10, 11]. The re-appearance
340 of simple geometrical shape showed a neural pattern that is similar to the one we observed for non-
341 food items. Similar to the results of the N1PC, ERP study [14], the re-appearance effect was reversed
342 for food relative to non-food.

343 Posterior cingulate cortex (retrosplenial) is consistently reported to be more involved in processing
344 food than non-food [30] as well as in memory [32], where reduced responses are associated with more
345 efficient processing and better memory [33, 34]. In the context of the current paradigm, it has been
346 suggested that decreased responses to re-appearance reflects implicit sensory priming, while an
347 increase for re-appearance reflects top-down attentional guidance [10]. Hence in line with the ERP
348 results [14], we suggest that the impact of food held in memory on selective attention is mediated
349 through sensory priming processes, supporting the perceptual enhancement hypothesis. Finally, the
350 relevance of the observed interaction in posterior cingulum to behavioural responses was
351 demonstrated by the correlation between the extent of the re-appearance effect and the response
352 accuracy. The correlation showed that with the amount of sensory priming in posterior-cingulate
353 correlated with larger benefits of the valid food cue.

354 Taken together, the results suggest that thinking of food enhances the natural bias toward food stimuli
355 for two reasons: 1) because thinking of food is less taxing on memory and 2) by facilitation of the
356 responses to sensory input related to food.

357 There are some limitations and strengths of the present study to be discussed. First, the homogenous
358 nature of the participants (young women only, no dieters) reduces variability in responding due to
359 differences in eating behaviour related to sex and age, but it does not enable us to generalize our
360 findings to the general population. We have previously reported that participants scoring high in
361 restraint and low in tendency towards disinhibition (successful dieters) are less susceptible to the
362 biasing effect of holding food related information in working memory [13], whereas unsuccessful
363 dieters showed a stronger effect [15]. The present data suggest that this may be because successful
364 dieters do not privilege working access to food related stimuli working memory, whereas
365 unsuccessful dieters maintain food stimuli in working memory more easily but this remains to be
366 tested. Similarly, future research should examine the role of emotional eating in attentional bias to
367 food stimuli. Second, it is a limitation that we did not control for menstrual cycle phase which may
368 influence responses to food cues. A final limitation is that we did not control for the impact of finger
369 movement on the brain responses. However, the impact of finger movement is likely limited as
370 participants only responded with the index finger or middle of their right hand on two buttons and the
371 stimuli and trials were randomized. Some strengths are the relatively large sample size studied (>30)
372 and the use of the established and validated memory paradigm.

373 In summary, these results suggest that holding food in mind may bias attention because thinking of
374 food facilitated neuronal responses to sensory input related to food stimuli and because holding food-
375 related information in mind is less taxing on memory.

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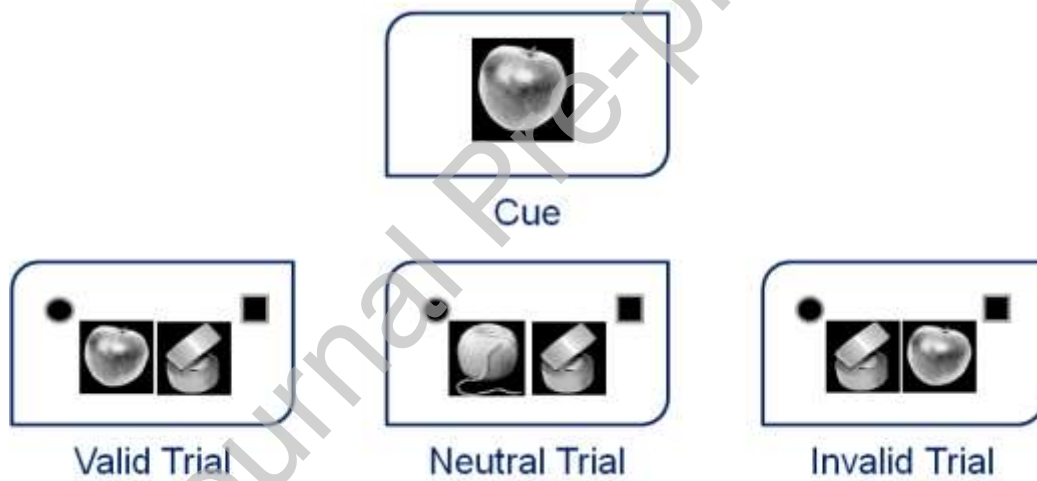
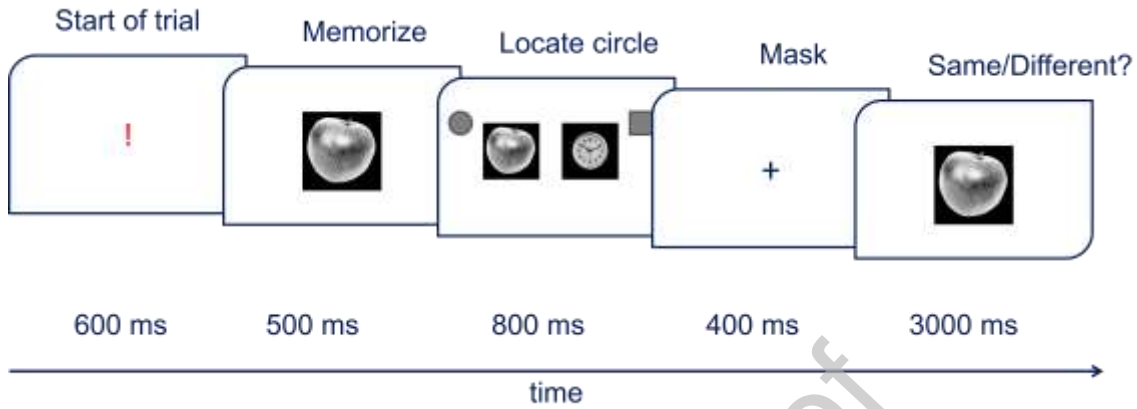
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Figure 1

a



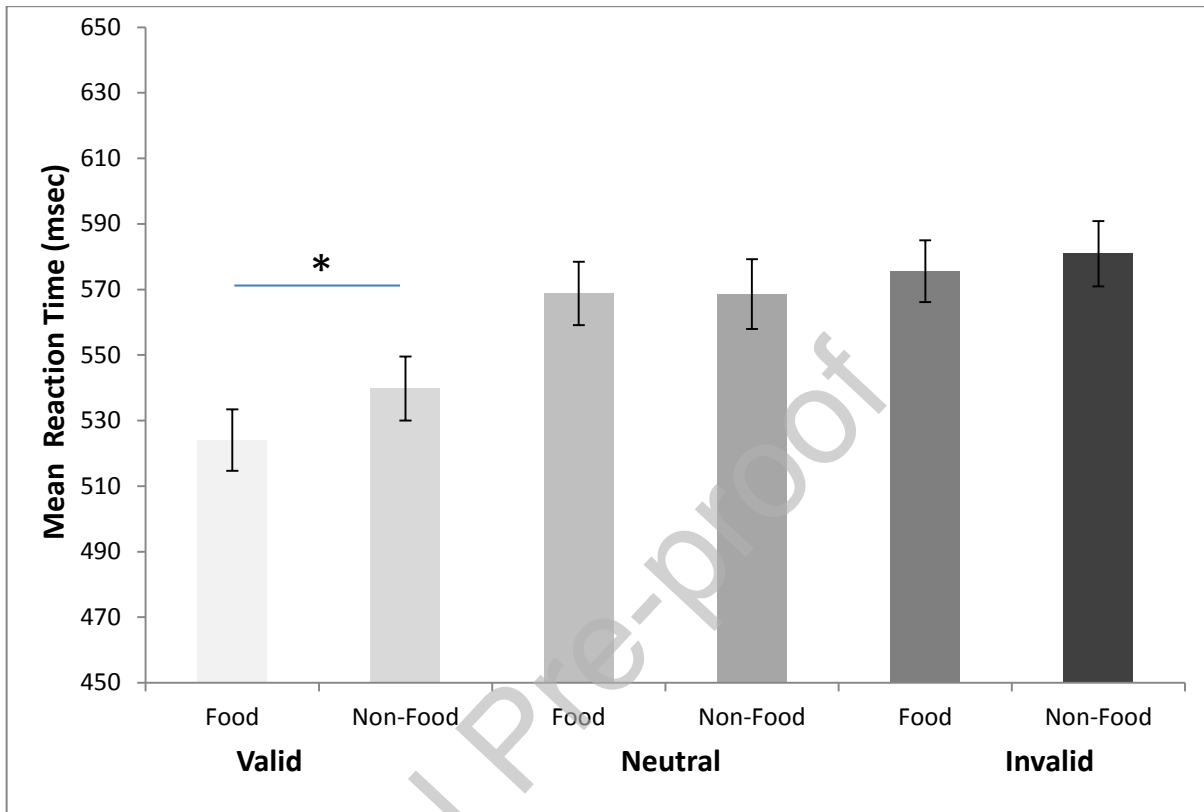
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459 **Figure 1**460 **Figure 1a:** Illustration of the Working Memory tasks461 **Figure 1b:** Illustration of trials in the Working Memory task, representing a food valid, food neutral,

462 and food invalid trial

463 **Figure 2.** Mean reaction times (in milliseconds) to food stimuli and non-food stimuli for valid,
464 invalid and neutral trials in 32 women. Values are means \pm SEM. * The significant interaction effect;
465 participants reacted faster in the food valid trials compared to the non-food valid trails.



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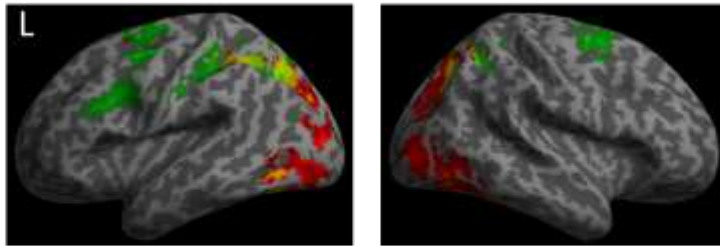
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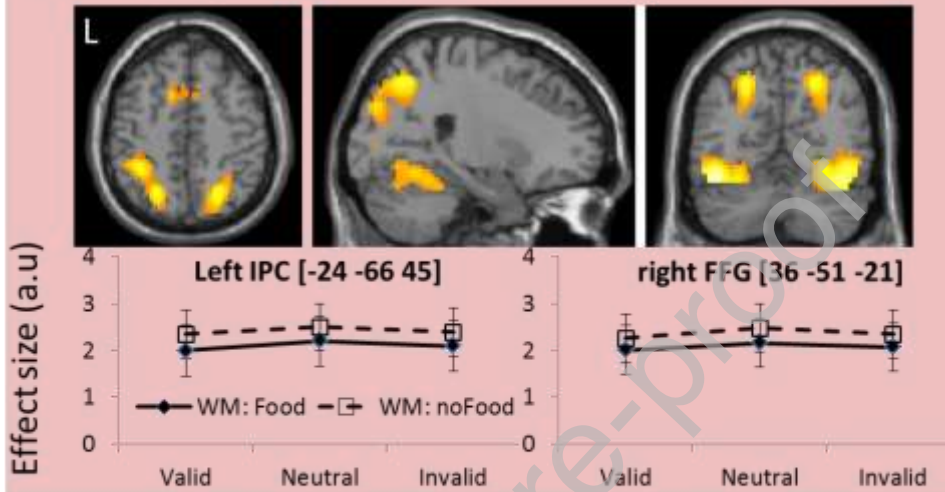
476 **Figure 3.** Brain regions associated with the main effects of stimulus type or search in working
477 memory in 30 women. Figure 3A: Comparing holding a non-food versus food stimulus was associated
478 with increased activity in middle superior frontal gyrus and posterior occipital cortex, extending to
479 ventral (inferior occipital gyrus and fusiform gyrus) and dorsal (inferior parietal cortex) associative
480 cortex. Figure 3B: Comparing invalid versus valid search trial was associated with an increased
481 response in bilateral inferior parietal sulci extending to bilateral superior parietal sulcus; bilateral
482 inferior occipital extending to the fusiform gyrus.

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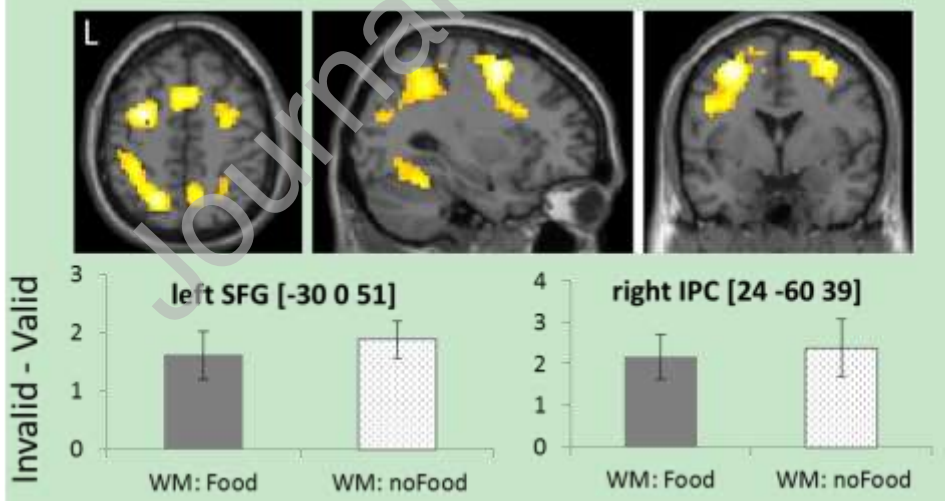
Figure 3: fMRI Results I: Main effects



A. Main effect WM: non-Food > Food



B. Main effect Search: Invalid > Valid



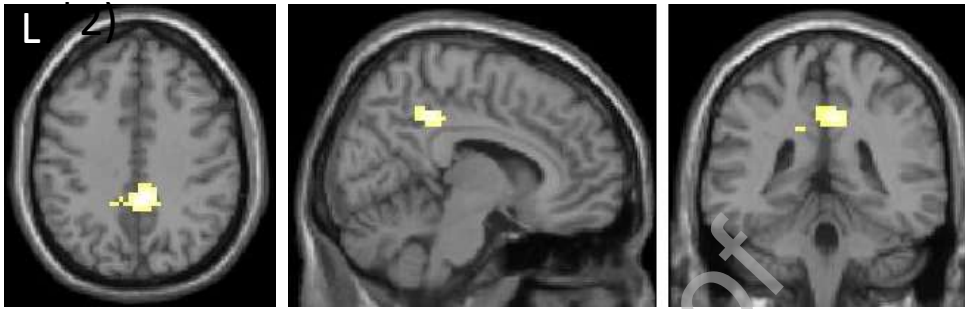
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485 **Figure 4.** Brain regions associated with the interaction between memory and selective attention in 30
 486 women.

487 **Figure 4: fMRI Results II: Reappearance interaction**
 488

WM: Food ($[V+I] - N*2$) > non-Food($[V+I] -$



left posterior cingulum [9 -39 39]

