# Study Suggests Insect-based Flours Could Help Overcome Aversion to Eating Insects in the UK



Researchers are suggesting the inclusion of insect-based flours in processed foods as a way to incorporate more sustainable and nutritious options into Western diets. A study, led by Dr. Lauren McGale from Edge Hill University and Dr. Maxine Sharps from De Montfort University, revealed that mixing insect flour into foods might help reduce the aversion many in the UK feel towards eating insects.

The study's findings were presented at the European Congress on Obesity in Venice. According to the research, insects are not only a rich source of protein and nutrients but also have a lower fat content and environmental impact compared to traditional livestock. Despite these benefits, a survey involving 603 UK adults between 2019 and 2020 showed that 47% of respondents were opposed to the idea of eating insects, with only 13% open to regular consumption.

The researchers suggest that one of the biggest hurdles in popularizing insects as food is the "disgust factor" associated with their consumption. They propose that incorporating insects in an indistinguishable form, such as flours used in processed foods, could help overcome this barrier. This method has already seen success in other parts of the world with products fortified with cricket or locust flours.

The implications of this study highlight a potential shift towards more sustainable eating practices, particularly in light of climate change and increasing global population pressures.