

Engineering & Design

# Chopsticks Lead the Charge for Healthier Eating

Jeff Reinke | Aug 07, 2018 | Share: [in](#) [f](#) [t](#) [e](#)



Putting a unique and very modern twist on perhaps the most traditional of dining utensils, Dr. Nimesha Ranasinghe recently unveiled a pair of silver-plated electrode chopsticks that attach to an electrical controller. These replacements for the traditional wooden implements work as a sort of miniature cattle prod for sending an electrical current through the tongue of the user.

No, this isn't a tactic meant to punish poor eating habits but to stimulate the taste buds and enhance the manner in which they register salt, sour, or sweet. The result could mean reducing the intake of unhealthy amounts of salt and sugar.

Described by Ranasinghe as a digital flavor augmenting solution, the chopsticks and accompanying soup bowl utilize electrical stimulation via a microampere current and the aforementioned electrodes. The project's initial research allowed users to enjoy items like mashed potatoes and miso soup without adding salt.

While charging up chopsticks like a cell phone might seem a bit over the top in developing healthier eating habits, researchers have investigated the mechanism by which eating utensils impact taste for some time. The interaction between chopsticks, a fork, or a spoon and the tongue, cheek, and mouth also helps researchers understand how our senses and brain process complex stimuli like tastes and smells.

Image Credit: Lesterman/Shutterstock.com

Share

[Dressed To Kill: How Fashion Is Harmful to the Environment](#)

[Next Story »](#)

## Related

