

# Fabulous Foods

## Comfort Food Remains A Sweet Indulgence

(NAPSA)—What is comfort food? Usually hearty or sweet, these foods have earned their moniker for the way they make people feel while eating them. For many, they are reminiscent of childhood or family favorites—a great way to indulge.

Comfort foods help people maintain a positive feeling and provide a soothing effect. Research shows that certain foods can help trigger the release of “feel good” chemicals like serotonin. The idea of foods that make people feel good gained further legitimacy in 1972, when the phrase “comfort food” was added to Webster’s Dictionary.

For as long as coffee has been a beverage staple, it has served as a comfort food for many who enjoy it. Some coffee drinkers need a jolt to get through the day, while others use it as a catalyst for social gatherings. But many consumers turn to coffee as a source of comfort and escape, savoring the taste and smell of a perfectly brewed cup.

### Indulgence Made Easy

One restaurant chain, IHOP, makes indulgence easy by combining two favorite comfort foods, pancakes and coffee. Guests can



**For many people, comfort foods are a terrific way to indulge every now and then, with hearty fare that evokes warm feelings.**

complement their pancakes with a Never-Empty Pot of International House Roast coffee, a rich blend of premium beans that is selected and roasted exclusively for IHOP. The company’s International House Roast coffee is a signature blend of 100 percent Arabica beans grown in the lush regions of Central and South America. The medium-roast coffee has a rich flavor that can complement any meal.

For more information, visit [www.ihop.com](http://www.ihop.com).