Hit the Brakes on Speed Eating

We all know that fast food can be unhealthy, but did you know that eating food fast might also cause health problems? Eating your meal too quickly not only interferes with the enjoyment of your food, but can also lead to overeating. Studies have shown that the rate in which you eat influences how much you eat, and it may cause you to miss the satiety signals that make you feel full.

Speeding through your meals? Use these tips to slow down your BPM (bites per minute):

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**YIELD**

*Enjoy eating your meal.* Take time to smell the aromas and savor the flavors. Focusing on what you eat may make it easier to sense when you are full and **yield** before reaching for seconds.

**CAUTION**

*Eat your meals slower to prevent digestion problems* such as acid reflux and indigestion. Eating in a rush may increase the amount of stomach acid that can back up into your esophagus, which can lead to chest pain and heartburn. Exercise **caution while eating** to prevent this from happening.

**STOP**

*Eat slowly and feel full sooner.* It takes your brain about 20 minutes to signal that your stomach is full. Give yourself time to eat and try eating with friends to slow down the pace of the meal. Studies have shown that those who eat less rapidly may have a lower BMI than those who rush through their meals. Try putting down your fork in between bites and waiting a few minutes before getting another helping to **stop** yourself from overeating.

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