

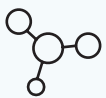


Do You Chew?

Wait, chewing is related to health?!

How often have you sat down to eat and then three minutes and ten bites later, the plate is empty?

It might sound silly, but chewing your food into tiny pieces can have a big impact on your health. Here are three reasons it's important to be more mindful and chew, chew, chew:



1. Good for digestion.

Obviously, chewing makes your food smaller, but it also helps release digestive enzymes in your mouth that help break down your food before it gets to your stomach. That break-down helps make it easier for your stomach to handle, especially if you tend to have bloating or GI issues.



2. Absorb more nutrients.

Chewing not only makes it easier for you to digest your food, it also allows you to get more nutrients out of it. And since that's the whole point of eating, it's pretty important!



3. Control your weight.

The more you chew, the slower you eat. And the slower you eat, the more chance you give your stomach to tell you it's full and the more satisfied you'll be with your meal.

