

Don't Eat Too Fast: Six Benefits from Chewing Well!

There is a strong correlation between short eating times, or eating fast, and obesity. Eating slowly to taste the food and chewing well not only helps to eliminate obesity and metabolic syndrome, but also has other benefits!

1 Preventing obesity

Reduce eating quickly and overeating, and more easily feel full, through longer eating times.



2 Developing taste

Grow accustomed to tasting food and better understand the original flavors of food and ingredients.



3 Stimulating the brain

Increase blood flow to the brain, and increase the delivery of oxygen and nutrients.



Your brain is not alerted that you are full until about 20 minutes after the start of meals. If you chew well, you will feel full after eating an appropriate amount of food.

4 Preventing tooth decay and gum disease

Increase saliva production and enhance self-cleaning in the mouth.



5 Improving digestion and absorption

Reduce strain on the stomach and intestines, and make digestion and absorption easier.



6 Unleashing strength

Chew well and clench your teeth to unleash your strength.

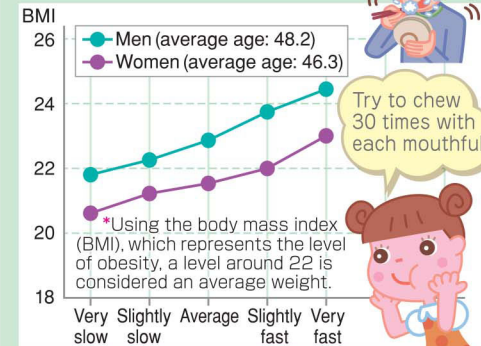


The number of people with dry mouth is increasing due to increased mouth breathing from wearing masks. You should be aware of chewing well and moistening your mouth with saliva.



Relationship between Eating Speed and Obesity

The figure below shows the results of an epidemiological survey of 3,737 men and 1,005 women living in Aichi Prefecture. "Fast eaters" who eat quickly have a high rate of obesity*.



Try to chew 30 times with each mouthful



出典：Otsuka R et al. Eating Fast Leads to Obesity: Findings Based on Self-administered Questionnaires among Middle-aged Japanese Men and Women. J Epidemiol. 2006; 16(3): 117-124.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage. <http://www.sonykenpo.or.jp/>

