

# CHEW FOOD THOROUGHLY

The body responds differently when food is chewed thoroughly.

## SMALL THINGS ADD UP

Chewing thoroughly supports digestion, satiety, blood sugar regulation, and metabolic activity.

- Digestion begins in the mouth
- Chewing activates digestive signaling
- Slow eating improves fullness cues
- Longer meals may reduce overeating

## SLOW-MINDFUL EATING

- Better satiety
- Greater awareness
- More taste and texture
- Improved digestion

Result:

- Reduced food intake
- Better blood sugar response
- Increased satisfaction with food
- Better metabolic signaling

## FAST-DISTRACTED EATING

- Minimal chewing
- Less feeling of fullness
- Less digestive signaling
- More overeating risk
- Less satisfaction

Result:

- Larger portions
- Poor satiety
- Higher hunger later
- Increased stress eating risk

*Learning how to work with the body improves health and satisfaction.*

# DIET INDUCED THERMOGENESIS

It takes energy to digest food. Chewing food more thoroughly increases this energy expenditure.

DIT = energy used during:

- Digestion
- Absorption
- Nutrient storage

Research has found:

- More chewing increases post-meal thermogenesis
- Longer chewing increases oxygen uptake
- Slow eating improves metabolic response

## AIM FOR:

20-40 Chew per bites  
Slower meal pacing  
Fewer distractions while eating.

## CHEWING AND BS

Slow chewing may help:

- Lower glucose spikes
- Improve insulin response
- Increase GLP-1 signaling

## LITTLE THINGS ADD UP

- Eating slower changes meal experience
- Better regulation supports consistency
- Sustainable habits matter more than perfection
- Tiny daily shifts become meaningful over time