



BEC
BALDRY
WELLNESS

MINDFUL EATING

THE WAY YOU EAT IS JUST AS IMPORTANT AS WHAT YOU EAT. HERE ARE SOME TIPS TO MAXIMISE YOUR DIGESTION AND NUTRIENT ABSORPTION

- 1** Always sit down to a meal without any distraction e.g. television, computer, phone, while driving or working. Digestion is dependant on the parasympathetic nervous system to function. If we are distracted, especially with something stressful, our body stays in sympathetic nervous system mode which decreases digestive function. Take a few deep breaths before you begin.
- 2** Make a conscious effort to smell your food before you start eating. Thought and smell is the very first step of digestion that a lot of people miss, especially if they haven't cooked the meal themselves. The brain receives this signal and sends a message to the mouth and stomach, via the vagus nerve, to start producing digestive secretions
- 3** Chew your food. Most of the amylase produced by the body is secreted in the saliva. Amylase breaks down carbohydrates which is important because if they aren't digested effectively they can become food for unfavourable gut bacteria. Chewing also lightens the load on there stomach and pancreas which is a good thing.
- 4** Try not to drink a large amount of liquid while you are eating. This can dilute your digestive secretions and it may take longer to digest your meal.