

# CHEWING

Digestion begins in the mouth. As you chew your food, digestive enzymes found in saliva start to break it down, preparing it for absorption. It's important to chew your food thoroughly to achieve maximum absorption of all your vitamins and minerals.



## HOW TO CHEW PROPERLY

To get in the habit of chewing foods thoroughly, try counting each chew, aiming for 30-50 before swallowing. Put your utensils down between bites to help you slow down.

- Chew each mouthful of food at least 30 times, until the food becomes liquid.
- Chewing breaks down food and makes it easier on the stomach and small intestine.
- Saliva assists in the digestion of carbohydrates.
- Saliva also makes food more alkaline, reducing bloating and gas. If you're feeling stressed during a meal, take deep breaths, chew, and let the simple act of chewing relax you. Taking the time to chew will help you enjoy the full spectrum of tastes and aromas that make up the meal.

BEFORE EATING	DURING THE MEAL	AFTER EATING
<ul style="list-style-type: none"><li>• Wash your hands.</li><li>• Shower or wash your face to help relax.</li><li>• Turn off the television, radio, and telephone.</li><li>• Don't read.</li><li>• Find a clean, quiet place to eat.</li><li>• Light a candle or play soft music.</li><li>• Stretch and breathe.</li><li>• Align your posture and breathe.</li></ul>	<ul style="list-style-type: none"><li>• Place a bite of food in your mouth.</li><li>• Put your utensils down.</li><li>• Place your hands together while chewing.</li><li>• Begin chewing.</li><li>• Breathe</li><li>• Concentrate on what you're doing.</li><li>• Look at your food or something attractive, or close your eyes partially or fully.</li></ul>	<ul style="list-style-type: none"><li>• Say thanks.</li><li>• Sit and talk after your meal.</li><li>• Take a light stroll.</li></ul>