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THE ART OF CHEWING



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The Art of Chewing

- The most important part of the digestion process
- It is also misunderstood by most people
- It is the number 1 factor in acid reflux
- It is a major contributor to gas and bloating
- And it should be taken seriously so you can allow time for it
- Lack of chewing is bad habit we have learned



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The Chewing Process

- The pace of the chewing will set the rhythm for the rest of the digestive process
- Chewing at the proper rate gives the stomach time to tell the brain that food has arrived.
- More importantly saliva contains leptin (decreases appetite) and grehlin (increases appetite) which communicates with the brain to help make the decisions to stop eating.
- Saliva is also a source of enzymes for carbohydrates (salivary amylase) and has an alkaline ph
- Saliva contains strains of good bacteria, antibodies and anti-microbial compounds

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Chewing

- According to a study at Harbin Medical University in China, people who chewed each bite 40 times (as compared to 15 times) ate 12 % less food and blood tests showed lowered ghrelin levels
- A study of 1000 Subway consumers showed they chewed, on average, each bite 6 times
- Chewing 35 - 40 times on average is good – it depends on the food, how dense it is and how big a mouthful
- Chew until it is liquid



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Benefits of Chewing

- Aids digestion
- Increases the availability and absorption of nutrients
- Decreases risk of diarrhea, constipation, stomach discomfort and nausea
- Reduces bloating and gas
- May aid weight loss
- Slows down eating and help you eat smaller bites

A photograph of a young woman with long dark hair, wearing a blue top, taking a bite out of a large burger. The burger is filled with lettuce, tomato, cheese, and a meat patty. This image is placed next to the list of benefits of chewing.

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How Much To Chew

- Depends what you are eating
- Make sure that when you chew, you feel the saliva in your mouth
- Dry toast and bread: 35 times
- Pasta: Force yourself to chew it at least 35-40 times
- Smoothies: Force yourself to chew at least 15 times
- Meat and fish: 35-40 times
- Raw crunchy vegetables: 40 times
- Cooked vegetables and fruits: 35 - 40 times
- Raw fruit and soft vegetables: 30 times
- Cooked grains and legumes: 35 - 40 times
- Nuts and seeds: 35-40 times

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Steps to Improve Your Chewing

- Start slow
- Pick a time where you have the time to do it by yourself so you can focus
- Pick a specific type of food you know you have to chew – smell the food, breathe
- Start chewing – one bite at a time and count – savour the flavour
- Do this daily
- Gradually start trying it at meals
- Don't get hung up when you forget
- It takes time to develop the muscles so it feels normal



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Final Thoughts...

- It take time to improve your ability to chew so it feels natural
- The goal is to make it automatic so you do not have think about it
- Eventually you will have trouble chewing less – you will want to chew thoroughly
- Chewing will give you many benefits but..
- Most importantly, it will increase the enjoyment of the food


