

Neither too slow, nor too fast; that is how one should dine

People have their own whims and fancies when it comes to their food habits. Lately, all are more concerned to what they eat rather than how they eat. Eating habits are no less significant than the nutritional value of food stuffs. Sufficient amount of time and attention have to be given while ingesting. Proper chewing ensures primary digestive phase. This means, if the food is improperly gulped in a hurry, the initiation of the digestive process is hampered, which further destabilizes consecutive digestive processes. Also, for proper taste perception, mixing of food stuff with saliva is mandatory and for which appropriate chewing is essential. To add on, food taken in hurry may even result in quite fatal untoward events like aspiration and choking. Also, grossly contaminated food may go undetected.

In contrast, very slow process of food intake too isn't advisable. It gives less contentment. Also, whenever food is ingested too slowly there are chances one may eat more than what one requires. Food also loses its warmth and appears stale which hampers digestion. One should also observe the manners of not to talk and laugh while dining, or else it too might end up in the above depicted fatal events due to inattention.

Improper absorption, which may also happen as a result of long term improper chewing and feeding habits, may in turn result in abnormal nutrition. This abnormal nutrition on a long run at varied levels may manifest as different types of health issues.

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