Common Sense Eating Principles

The way food is eaten is very important for absorption during digestion. Here are a few general common sense principles which are easy to apply.

- First and foremost do not become fanatical about your diet – eating should be fun and enjoyable

- Everything in moderation – including alcohol, coffee and dairy

- Eat slowly and chew your food well

- Do not overeat - use common sense and stop eating before you feel full

- Focus on your food whilst eating – do not read, watch television or engage in arguments whilst eating

- Do not drink cold drinks whilst eating – cold impacts and slow down the digestive process

- Eat regularly

- Make breakfast your biggest meal of the day

- Do not eat your dinner too late – especially before going to bed as this results in incomplete digestion of food, bloating, sluggishness, constipation and poor sleep.