

Tendency to Overeat

DNA Health Report

REPORT CATEGORIES —



NUTRITION



WEIGHT & BODY FAT

Sample Client

Report date: 15 January 2026

Powered by

 omicsege

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

11 Your recommendations

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Hunger is the body’s signal to eat. When you are hungry, you may experience [\[R\]](#):

- Rumbling stomach
- Headache or feeling lightheaded
- Feeling tired or irritable
- Difficulty concentrating

When we eat, we experience *satiety*. This is the feeling of fullness between meals [\[R\]](#).

The foods we choose and how much we eat determines how long we can go between meals. Some foods are more filling than others. For example, foods with more protein or fiber are more filling. Beverages and sweets tend to be less filling [\[R, R, R, R\]](#).

Most people can go hours between meals before feeling hungry again. For those who can’t, feeling more hungry and eating more often can lead to overeating and weight gain [\[R, R\]](#).

In addition, some people eat when they are not physically hungry. This can happen when people confuse hunger with thirst. It can also happen in response to environmental cues (*cravings*) or stress (*emotional eating*). We often ignore the feeling of satiety when we eat in response to these cues [\[R, R, R\]](#).

Genetics of Overeating

Several genetic variants are associated with overeating behaviors, appetite control, and sensitivity to hunger and satiety signals. These variants influence hormonal regulation, reward pathways, and metabolic processes that can contribute to individual differences in eating behavior.

FTO (rs9939609, 87653 T>A): The *FTO* gene is strongly associated with appetite and obesity risk. The rs9939609 variant (T>A) can influence hunger and satiety, with the A allele linked to increased appetite and a higher likelihood of overeating and weight gain [R].

FTO (rs6713532, A>G): Another *FTO* variant, rs6713532 (A>G), has been linked to increased risk of obesity and a tendency toward overeating. Individuals with the G allele may have a higher susceptibility to weight gain due to increased appetite and reduced satiety signals.

LEPR (rs1805094, Lys656Asn G>C): *LEPR* encodes the leptin receptor, which is crucial for regulating hunger and satiety. The rs1805094 variant (Lys656Asn G>C) may impact leptin sensitivity, potentially affecting how full one feels after eating, influencing portion sizes and eating frequency.

LEPR (rs1137101, Gln223Arg A>G): Another variant in the *LEPR* gene, rs1137101 (Gln223Arg A>G), affects leptin signaling. The G allele is associated with a reduced feeling of fullness, which may lead to larger meal sizes and frequent hunger cues [R, R, R].

TAS2R38 (rs713598, Ala262Val C>T): *TAS2R38* is a taste receptor gene that affects taste sensitivity, particularly to bitter flavors. The rs713598 variant (Ala262Val C>T) can influence food preferences and eating behavior, potentially impacting overeating tendencies, especially in response to sweet or fatty foods [R, R, R].

TAS2R38 (rs1726866, Ala49Pro G>A):
Another *TAS2R38* variant, rs1726866 (Ala49Pro G>A), affects bitter taste perception. Individuals with the A allele may have a preference for bitter-tasting vegetables like cruciferous greens. This variant can influence dietary



TYPICAL LIKELIHOOD

Typical likelihood of overeating based on 20 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
POMC	rs6713532	TT
NPY	rs16147	TT
ANKK1	rs1800497	GA
CLOCK	rs1801260	AG
CNR1	rs1049353	TT
LEPR	rs1805096	GG
LEPR	rs1137101	AG
TAS2R38	rs713598	GC
LEP	rs7799039	GG
COMT	rs4680	AG
FAAH	rs324420	CA
TAS2R38	rs1726866	GA
LEPR	rs1137100	AG
TCF7L2	rs7903146	CT
FTO	rs9939609	TT
MC4R	rs17782313	TT
MC4R	rs12970134	GG
SLC2A2	rs5400	GG
FCER1G	rs5082	AA
NPY	rs16139	TT
POMC	rs1042571	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

choices and eating behaviors, indirectly impacting overall nutrition and weight management.

APOA2 (rs5082, -492 T>C): APOA2 is involved in lipid metabolism and satiety regulation. The rs5082 variant (-492 T>C) has been associated with higher intake of saturated fats and a tendency to overeat, especially in individuals with the CC genotype.

CLOCK (rs1801260, 3111 T>C): The *CLOCK* gene influences circadian rhythms, which affect eating patterns and metabolism. The rs1801260 variant (3111 T>C) can disrupt regular eating schedules, potentially leading to increased food intake during irregular hours and contributing to overeating [\[R\]](#), [\[R\]](#), [\[R\]](#).

DRD2 (rs1800497, Taq1A C>T): *DRD2* encodes a dopamine receptor, which is involved in reward and pleasure pathways in the brain. The rs1800497 variant (Taq1A C>T) can affect dopamine sensitivity, potentially leading to increased cravings and reward-seeking behaviors related to food [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

FAAH (rs324420, Pro129Thr C>A): FAAH is involved in endocannabinoid signaling, which influences appetite and pleasure from eating. The rs324420 variant (Pro129Thr C>A) can increase the tendency to snack and overeat, particularly high-fat foods, due to heightened pleasure responses to food.

MC4R (rs17782313, T>C): The *MC4R* gene is associated with energy balance and appetite control. The rs17782313 variant (T>C) has been linked to increased appetite and a higher risk of obesity, as individuals with the C allele may feel less satiated after eating [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

MC4R (rs12970134, G>A): The rs12970134 variant (G>A) near the *MC4R* gene has been linked to increased hunger and a reduced feeling of fullness. Individuals with the A allele may be more prone to overeating and weight gain due to a diminished satiety response, making appetite control more challenging [\[R\]](#).

SLC2A2 (rs5400, Thr110Ile C>T): SLC2A2 plays a role in glucose transport and blood sugar regulation. The rs5400 variant (Thr110Ile C>T) can influence carbohydrate cravings and eating patterns, with certain alleles associated with a preference for high-carb foods.

HADH (rs1042571, C>T): The *HADH* gene encodes hydroxyacyl-CoA dehydrogenase, an enzyme involved in

fatty acid metabolism and energy regulation. The rs1042571 variant (C>T) has been associated with differences in metabolic efficiency and energy utilization.

NPY (rs16147, A>G): The *NPY* gene encodes the neuropeptide Y, which is involved in regulating stress response, appetite, and arousal. The rs16147 variant (A>G) has been associated with differences in appetite control and stress-induced eating behaviors. Individuals with the G allele may be more prone to overeating, especially in response to stress [\[R\]](#).

CNR1 (rs1049353, C>T): The *CNR1* gene encodes the cannabinoid receptor 1, which is involved in the endocannabinoid system that regulates appetite, mood, and reward pathways. Individuals with the T allele of rs1049353 may have an increased tendency to cravings and overeating, particularly for high-calorie or "comfort" foods, due to heightened activity in the brain's reward centers.

COMT (rs4680, Val158Met G>A): The *COMT* gene encodes an enzyme that breaks down dopamine in the brain, affecting mood, reward sensitivity, and impulse control. The rs4680 variant (Val158Met G>A) influences dopamine levels, with the A allele (Met) associated with slower dopamine breakdown.. Individuals with the A allele may have heightened sensitivity to rewards, which can increase susceptibility to cravings and overeating.

ADRB3 (rs1805096, Trp64Arg T>C): The *ADRB3* gene encodes the beta-3 adrenergic receptor, which is involved in regulating fat breakdown and energy expenditure. The rs1805096 variant (Trp64Arg T>C) has been associated with reduced receptor function, leading to decreased fat metabolism and an increased risk of weight gain.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Avoid Meals 3-4 Hours Before Bedtime	2	Avoid Rapid Weight Changes
3	Mindful Eating	4	Limit Calorie Intake
5	Maintain a Regular Meal Schedule	6	Avoid Sugary Foods & Drinks
7	Eat Fiber-Rich Foods	8	Good Eating Habits
9	Avoid Overeating	10	Avoid Large Meals
11	Avoid Food Triggers	12	Chewing
13	Practice Exercise Snacks		
	1 minutesute		

1



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Avoiding meals 3-4 hours before bedtime aids in preventing overeating by promoting better digestion and reducing the likelihood of indigestion or discomfort that can lead to nighttime snacking. Improved sleep patterns further support appetite regulation, helping manage overall food intake.

2



Avoid Rapid Weight Changes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Maintain a consistent, healthy weight by avoiding extreme dieting or sudden increases in food intake. Aim for gradual weight changes, not exceeding 1-2 pounds per week, by adjusting your diet and physical activity levels accordingly. This approach should be sustained over a long-term period to ensure health and prevent potential adverse effects on the body.

Description

Avoiding extreme and rapid weight changes, whether through crash diets or excessive calorie restriction, is essential for preventing negative health consequences such as nutritional deficiencies and metabolic disruptions.

Your weight is determined by the number of calories you consume compared to those you burn. Changes in exercise frequency, amount and type of food consumed, and alcohol intake may alter your energy expenditure. This may cause small weight fluctuations [\[R\]](#).

Some people may gain or lose weight at a faster rate. Rapid weight fluctuations may be due to [\[R\]](#), [\[R\]](#):

- Very drastic diets
- Water retention or dehydration
- Hormonal changes
- Pregnancy
- Taking certain medications
- Certain health conditions

How it helps

Avoiding rapid weight changes can stabilize metabolic processes and reduce the psychological stress associated with dieting, thereby fostering a healthier relationship with food. This approach can help mitigate triggers for overeating by promoting more consistent eating habits.

3



Mindful Eating

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Allocate at least 20-30 minutes for each meal, taking small bites and chewing each bite around 20-30 times before swallowing. This practice should be maintained consistently at every meal to enhance digestion and control portion sizes.

Description

Chewing slowly and thoroughly can aid in digestion and promote a sense of fullness, potentially assisting with portion control and weight management. It can also enhance nutrient absorption by breaking down food more effectively in the mouth.

How it helps

Mindful eating encourages awareness of hunger and fullness signals, helping individuals recognize when to stop eating, thereby reducing the tendency to overeat. Additionally, slowing down food intake enhances digestion and satisfaction, supporting portion control and weight management.

4



Limit Calorie Intake

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [\[R\]](#), [\[R\]](#). However, moderate calorie restriction may also help you stay healthier and age better [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [\[R\]](#).
- Try [intermittent fasting](#), which involves changing how often you eat [\[R\]](#).

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

Limiting calorie intake aids in creating a caloric deficit, which is essential for weight management in individuals prone to overeating. This helps mitigate the risk of obesity and associated health complications by encouraging mindful eating and better portion control.

5



Maintain a Regular Meal Schedule

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat your meals at the same times each day, for instance, breakfast at 7 AM, lunch at 12 PM, and dinner at 6 PM. Stick to this schedule every day, including weekends, to help regulate your body's internal clock and improve digestion.

Description

Maintaining a regular meal schedule helps regulate blood sugar levels, supports digestion, and promotes a healthy metabolism. Consistency in meal timing can contribute to overall energy balance and long-term weight management.

Blood sugar ([glucose](#)) is the body’s main source of energy. It increases after a meal. Skipping meals may reduce this energy supply and lead to [R](#), [R](#):

- Poor cognitive performance
- Headaches

A regular meal schedule means eating the same number of meals at about the same times every day. Doing so may help [R](#), [R](#):

- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Maintaining a regular meal schedule effectively stabilizes blood sugar levels and enhances the regulation of hunger hormones, thereby reducing the likelihood of overeating. This consistency also fosters healthy digestion and metabolic function, supporting weight management over time.

6



Avoid Sugary Foods & Drinks

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [R](#), [R](#), [R](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [R](#), [R](#), [R](#)
- Weight gain and obesity [R](#), [R](#)
- Insomnia [R](#)
- Heart disease [R](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [R](#), [R](#).

How it helps

Avoiding sugary foods and drinks helps stabilize blood sugar levels, reducing the risk of cravings and subsequent overeating. This approach aids in weight management and lowers the likelihood of developing related health issues.

7



Eat Fiber-Rich Foods

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Incorporating fiber-rich foods enhances satiety by slowing digestion and promoting fullness, which can help individuals manage portion control and reduce the tendency to overeat. This mechanism not only aids in weight management but also promotes overall digestive health.

8



Good Eating Habits

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals daily. Aim to eat at regular intervals, ideally three meals and one to two healthy snacks per day, to maintain energy levels and avoid overeating. Reduce consumption of processed foods, sugary snacks, and beverages.

Description

Practicing good eating habits, such as balanced and portion-controlled meals, can help maintain a healthy weight, support proper nutrition, and reduce the risk of chronic diseases.

Eating habits involve the how, what, when, and where of your diet. Some eating habits can be good for your health, but others... not so much.

Good eating habits include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Planning and preparing most of your meals
- Eating mindfully and slowly
- Only eating when hungry
- Not skipping meals

Developing good eating habits takes attention, practice, and effort [\[R\]](#).

How it helps

Implementing good eating habits helps regulate caloric intake and ensures nutrient adequacy, thereby reducing the likelihood of overeating. By encouraging mindful eating practices, individuals can develop a healthier relationship with food, enhancing overall well-being.

9



Avoid Overeating

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume meals slowly, taking time to chew your food thoroughly and pausing between bites to allow your body to signal when it is full. Aim to stop eating when you feel about 80% full rather than waiting until you feel uncomfortably full. Implement this practice at every meal and snack, making it a consistent part of your daily eating habits.

Description

People who overeat take in more food than their body needs. Overeating may contribute to obesity and diabetes, as well as digestive and sleep problems.

People who overeat take in more food than their body needs.

Overeating may contribute to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Obesity
- Diabetes
- Digestive problems
- Sleep problems

How it helps

Avoiding overeating helps regulate caloric intake, thereby reducing the risk of obesity and associated metabolic disorders like diabetes. By practicing mindful eating and recognizing satiety cues, individuals can improve appetite control and overall digestive health.

10



Avoid Large Meals

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Avoiding large meals helps regulate appetite and reduces the likelihood of excessive hunger, which can trigger overeating. This behavioral modification promotes better portion control and can improve weight management and overall metabolic health.

11



Avoid Food Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify foods that trigger negative reactions in your body, such as digestive issues, allergies, or headaches, and eliminate them from your diet entirely. This may require keeping a food diary for a few weeks to observe patterns and might involve cutting out common triggers like dairy, gluten, soy, or certain additives. Continuously monitor and adjust your diet to avoid these triggers as long as the symptoms persist.

Description

Food triggers are specific substances or ingredients in one's diet that can exacerbate or induce adverse reactions, such as allergies, sensitivities, or digestive issues, often leading to symptoms like inflammation, bloating, or discomfort.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

Food triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [R](#), [R](#), [R](#), [R](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding food triggers can help reduce adverse reactions that may lead to discomfort or cravings, which can contribute to the tendency to overeat. By minimizing these reactions, individuals may achieve a more stable appetite and improved overall eating behaviors.

12



Chewing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate chewing thoroughly into your daily eating habits by ensuring each bite is chewed 20-30 times before swallowing. Practice this technique at every meal and with snacks to improve digestion and satiety.

Description

Chewing can help to reduce the tendency to overeat by keeping your mouth busy and providing a sense of fullness. It can also help to improve your metabolic rate and increase your energy levels. Additionally, chewing can help to improve your attention span and reduce stress levels.

How it helps

Engaging in thorough chewing promotes satiety by allowing the brain to register fullness more effectively, which can help mitigate the tendency to overeat. This behavioral modification not only improves digestion but also encourages mindful eating practices.

13



Practice Exercise Snacks

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Integrate short bursts of physical activity, each lasting about 1 to 2 minutes, into your daily routine at least two to three times a day. These 'exercise snacks' can include activities like doing a set of stairs, rapid bodyweight exercises, pull-ups, push-ups, sit-ups, or brisk walking.

TYPICAL STARTING DOSE

1 minutesute

Description

Staying physically active is essential for maintaining overall health and well-being. **Exercise snacks** are brief, frequent bursts of physical activity integrated into daily routines, helping combat the health risks associated with prolonged sitting and sedentary behavior, such as obesity and cardiovascular issues. Examples include taking the stairs or doing quick exercises during work breaks.

Staying active can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

Exercise snacks are short, quick bursts of physical activity performed throughout the day, designed to break up prolonged periods of sitting or inactivity. These brief bouts of exercise can be as short as a few minutes and are incorporated into daily routines to boost overall physical activity levels.

Exercise snacks are crucial for health because they combat the negative effects of sedentary behavior, such as prolonged sitting, which is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and musculoskeletal issues. They help improve blood circulation, regulate blood sugar levels, and enhance mood and cognitive function.

Examples of exercise snacks include taking the stairs instead of the elevator, doing a few minutes of bodyweight exercises (e.g., squats or push-ups) during work breaks, or walking briskly for a few minutes after meals. These short, frequent bursts of activity contribute to a more active lifestyle and can significantly benefit overall health by reducing the risks associated with excessive sitting.

How it helps

Practicing exercise snacks can help regulate appetite by promoting energy expenditure and enhancing metabolic function, thereby reducing the likelihood of overeating. Engaging in short bursts of physical activity can also improve mood and decrease stress, which are often triggers for overeating.