Rec Sports Tip of the Week (December 11, 2013)

Making eating habits into rituals results in making food taste more flavorful, which can lead to eating less. A study in Psychological Science magazine found this to be true and a Cleveland clinical psychologist states that cutting your sandwich the same way every time, or lining up candy a certain way allows the brain to focus on the food you are about to eat and thus allows you to really savor the flavor. This is a great tip to keep in mind over the holidays as we often indulge in those yummy sweets. Try finding a way to line up a few of them (no more than 5) and doing this same thing every time you eat them. Mindful eating is a great way to enjoy your food without overdoing it.

Source: January 2014 Fitness Magazine