



Turn Off to Fill Up!

Did you know?

Distracted eating can have a negative impact on your digestive system.



Distracted eating, especially eating while watching TV, has proven to create poor eating habits. Distracted eating effects the proper performance of our brain receptors and masks taste and fullness. Studies that compare eating while watching TV, playing video games, or listening to the radio showed that eating while watching TV was the worst. This also includes smartphones, tablets, and other such devices. While we are all busy, it is recommended to find time to eat as a family without the added distractions.

Watching TV while eating can cause you to eat more than you would if you were not watching TV.

Eating while watching TV leads to even more eating later.

Advertising works! Kids tend to eat more 'junk food' while watching TV.



For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.



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