Eating Slowly To Stay Slim, And Other Food Habits For Weight Management

By Ana-Marija Dolaskie — February 14, 2018

A recent study [1] shed light on something we've known for some time, but haven't quite lived by: Eating slowly could curb weight gain. Here’s why this makes sense.


Links
[1] http://bmjopen.bmj.com/content/8/1/e019589