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 listing 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.

Advertising works! Kids tend to eat more ‘junk food’ while watching TV.
References


