



All other things being equal, the studies demonstrate that eating quickly is correlated to a more important absorption of food compared to eating slowly.

Eating-rate and Energy/food intake



High dose, rapid rate of absorption appear to be particularly associated with "food addiction."		120 undergraduates participated in Study One and 384 participants recruited through Amazon MTurk participated in Study Two.
2015	PLoS One Feb 18;10(2):e0117959. doi: 10.1371/journal.pone.0117959. eCollection 2015.	Schulte EM, Avena NM, Gearhardt AN.



Evidence indicated that a slower eating rate was associated with lower energy intake in comparison to a faster eating rate. Subgroup analysis indicated that the effect was consistent regardless of the type of manipulation used to alter eating rate.		22 studies were eligible for inclusion
2014	American Journal of Clinical Nutrition Jul;100(1):123-51. doi: 10.3945/ajcn.113.081745. Epub 2014 May 21.	Robinson E ,Jebb SA



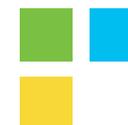
The results confirm the effect of texture on eating rate. We conclude that people consumed more of the meal when the food was simultaneously mashed and savoury. Food texture may be used to produce slower eating rates that result in a reduced overall energy intake within a realistic hot lunchtime meal.		four groups consisted of about 40 subjects (mashed, standard, n=37; mashed, savoury n=39; whole, standard n=40; and whole, savoury n=41) matched for age (average age=44.8 ± 5.3), gender (on average 19 males and 20 females), normal BMI (average 22.6 ± 1.7) and dietary restraint score (DEBQ score=1.74 ± 0.6).
2013	Appetite. Jan;60(1):180-6. doi	Forde CG, van Kuijk N, Thaler T, de Graaf C, Martin N.



	<p>Compared with the standard viscosity meal, high viscosity meal was consumed at a slower eating rate, with postprandial hunger and desire to eat being lower while fullness was higher.</p>	<p>15 healthy males</p>
2013	PLoS One Jun 20;8(6):e67482	Zhu Y, Hsu WH, Hollis JH.
	<p>The taste system works as a nutrient-sensing system that informs the brain and the gastrointestinal system about what is coming into our body.</p> <p>Slower eating helps the human body to associate the sensory signals from food with their metabolic consequences.</p>	<p>Articles review</p>
2011	Proceedings of the Nutrition Society May;70(2):162-70	de Graaf C.
	<p>Foods that can be eaten quickly lead to high food intake and low satiating effects The reason is that these foods only provide brief periods of sensory exposure</p>	<p>Article review</p>
2010	Nature Reviews. Endocrinology May;6(5):290-3	de Graaf C, Kok FJ.



<p>The group with metabolic syndrome was more likely to eat quickly (OR 2.23 for fast vs slow) and to overeat frequently (OR 2.37, for more than 4 times a week vs less than once a week).</p> <p><i>Illustration : According to this odds ratio, if in a control group of 100 healthy people, 16 are fast eaters, in an equivalent group of 100 people but with metabolic syndrome 30 will be fast eaters. If in the control group 16 overeat frequently, they are 31 of them in the other group.</i></p>		7081 men aged ≥30
2009	Journal of the American dietetic Association Apr;109(4):633-40	Shin A, Kim J.



<p>More food was ingested at the fast rate, regardless of weight class The reason is that these foods only provide brief periods of sensory exposure</p>		12 Nonobese and obese male
1980	Psychosomatic Medicine Nov;42(6):529-38	Kaplan DL.



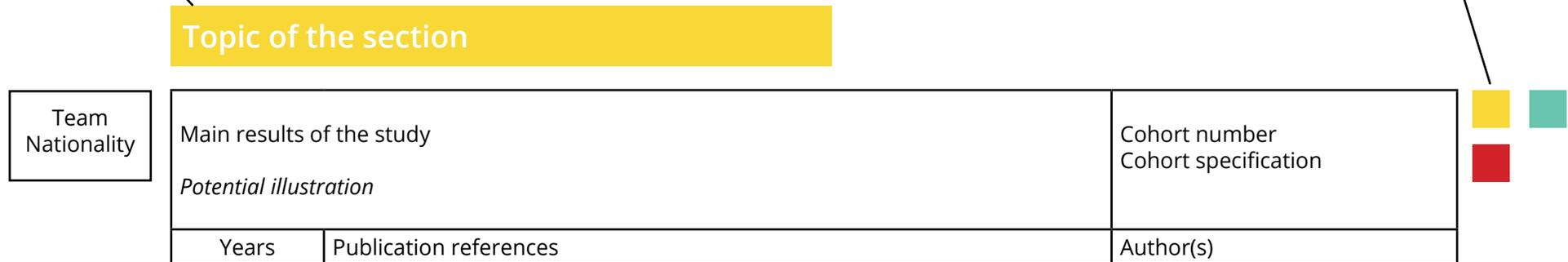
<p>Slow rates of ingestion led to significant decreases in energy intake (quick: 645.7±155.9 kcal; slow: 579.0±154.7 kcal) and significant increases in water consumption (quick: 289.9±155.1 g; slow: 409.6±205.8 g).</p>		30 healthy women
2008	Journal of the American Dietetic Association Jul;108(7):1186-91	Andrade AM, Melanson KJ.



Presentation of the studies

Color of the section

Color of the related topic the study treats



Color by section :

	Satiety		Diabetes		Portion Size
	Food Intake		GERD		Mindful eating
	Obesity		Food quality		Gastric surgery
	Metabolic Risks		Chewing		Scientific Method