

Mission In Motion

Health & Wellness
Tip of the Week
Week 31



July 29, 2013

Do you feel pressured to eat more when around other people? The more people at a meal, the more each person tends to eat. This suggests that social factors may provide powerful eating cues. If you're trying to shed some pounds, you might want to be extra careful when eating with others.

Source: University of California, Berkeley Wellness Letter

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