

# A Good Meal: The Science of Savoring

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## *The Huffington Post:*

There's nothing I like more than sharing a good meal with friends and family. I like everything about it — the shopping for fresh ingredients, the chopping and cooking, and most of all, the mindful savoring and good conversation at the table.

If I have time.

Which I don't many days, and I confess that on those days, dinner is often as not a salad or sandwich on my lap, as I watch *NCIS* reruns. I know this is a bad habit, but it's just easier not to fuss.

A lot of people are opting out of traditional meals in this way. Indeed, one study says that more than half of Americans' meals are now eaten in a room with the TV on. This trend has been taking place for some time, and what's more, we are also eating a lot more fast food than ever before, which means much more salt and sugar than we really should be eating.

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And that's just what they found, and describe in an article to appear in the journal *Psychological Science*. Whether the taste was sour or sweet or salty, the more preoccupied the volunteers were, the less intense their tasting experience was. As a result, they consumed more — or, in one experiment, concocted a sweeter version of lemonade to satisfy their sweet tooth. In short, taxing the mind led to more, and less healthy, eating.

Read the whole story: [\*The Huffington Post\*](#)

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