



SURE or NOT:

5 AFTER MEAL FACT OR MYTH



We've probably heard (and believe) many of these hearsays about what to do (and not to do) after meals, but some of these commonly held beliefs are not true! Using the steps of S.U.R.E, we debunk 5 of these hearsays:



Having fruits immediately after meal would cause it to rot in the stomach?



NOT! While any type of fruits (or other foods) can be digested faster on an empty stomach, fruits would not rot in the stomach when taken immediately after a meal due to high concentrations of hydrochloric acid along the stomach walls, which kills bacteria. In fact, we should care about the amount of fruits we eat, and not consume fruits excessively!

Bathing immediately after a meal affects digestion?

NOT! Many assume that a warm shower would divert blood flow from the stomach to the skin (to allow the release of heat), but the effect is not significant and will not impact digestion. However, one should stay away from strenuous activities after meals as such activities divert a lot of blood away from the stomach, which may affect digestion.



Drinking Tea after meals would affect your body's iron absorption?

TRUE! Many teas contain tannic acid, which binds with the protein and iron in your food and prevent absorption of these in your body if you consume tea immediately after a meal. This is especially bad for children and women who require iron and are generally iron deficient, and those who suffer from iron-deficiency anaemia. Nutritionists recommend tea drinking at least an hour after eating.



Sleeping after meals is bad for health?

TRUE! When you lie down after a meal, some digestive juices from the stomach may flow back from the stomach into your chest and throat, resulting in heartburn, as the acidic digestive juices cause a burning sensation in affected areas, including food pipe! While sleeping after meal does not directly cause obesity, the lack of activity after a meal for most people with minimal exercise would contribute to weight gain over time!



Walking immediately after a meal aids in digestion?

IT DEPENDS on the food eaten, your body condition and speed of walking. For some, walking immediately after a meal can result in acid reflux and stomach upsets! High fat or high proteins foods can also cause digestive discomfort. In such instances, you should take a short stroll about 20-30 minutes after your meal. However, a leisure stroll will help burn up some calories without significantly diverting blood from the stomach!



Reference:
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