ENZYME-RICH FOODS FOR HOLIDAY EATING

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PORT CHARLOTTE, Fla., Nov. 17 (UPI) -- Many U.S. adults gain weight during the holidays, but an author says food selection, moderation and digestive enzymes can help avoid extra pounds.

"Pace yourself. Think of holiday eating not as a sprint, but as a marathon," Tom Bohager, author of the new book "Enzymes: What the Experts Know," "Try eating smaller portions over longer periods of time rather than a large portion all at once. This allows the digestive system to work progressively at breaking down your food and avoids a heavy demand that can make you feel tired and sluggish."

Bohager also recommends that people take the time to socialize while eating.

"Talking allows you to take in that needed oxygen for digestion and slows you down so you don't eat too fast," the author says.

"Chew! This is where it all begins," says Bohager. "Chewing stimulates the production of saliva, which is full of enzymes and stimulates digestive response."

Bohager also advises eating enzyme-rich foods such as raw salads, fruits and vegetables.

"Fermented foods like yogurt and sauerkraut are also high in enzymes," said Bohager.

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