- Eating customs

This Japanese eating habit promises to promote weight loss and digestion

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We have all had days when we set aside our plate of fries and commit to eating healthy. The first step is stop overeating, and it's not limited to unhealthy food. It is important to stop eating before feeling full, and this is a popular concept called Hara Hachi Bu.



What is hara hachi bu?

Hara Hachi Bu is a Japanese dietary philosophy that translates to "eat until you are 80% full". It's believed that the term has been in use in Japan since the last 300 years. "Diet trends are mostly about calorie counting or eliminating food groups. However, Hara Hachi Bu is a simple, mindful eating approach that encourages moderation and self-awareness," says dietician Shruti K Bhardwaj.

It does not restrict food groups, but encourages a balanced, nutrient-dense diet. It encourages to stop eating at 80% fullness to give your body enough food for nourishment and avoid overeating.

Are there any benefits?

"By preventing overeating, this eating concept can help to maintain cellular health and slow down the ageing process," says Bhardwaj.

Hara Hachi Bu is all about mindful eating. It has positive effects on problematic eating behaviours. It can reduce the levels of food craving, and emotional eating, as per research published in Eating Behaviors in 2015.

Eating until you are completely full or stuffed can strain your digestive system, and lead to bloating, acid reflux, and stomach discomfort. "When you eat in moderation, your digestive enzymes and gut bacteria work in a better way, improving nutrient absorption and reducing digestive issues," says the expert. "Hara Hachi Bu can help to regulate blood sugar levels by preventing excessive food intake.

Also, controlled eating habits can help to keep inflammation in check," says the expert.

Many people experience post-meal sluggishness after eating large meals. "Hara Hachi Bu ensures you consume just enough food to fuel your body without overwhelming it. This leads to stable energy levels throughout the day," says the expert.

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