



COMMUTER EATING: HOW TO AVOID A PAINFUL COMMUTE

Expert tips on how to prevent indigestion when eating on the go

Commuting. The morning rush. Or simply because it's National Bacon Butty Day on the 23rd of September and you can't resist grabbing one of the nation's favourite sarnies! There are many reasons why, as our lives get busier, we're all getting used to eating on the go.

Yet this is not always the best way to eat for our bodies, particularly the digestive system. Indigestion affects around four in 10 people in the UK every year. Here, the [British Sandwich & Food to Go Association](http://www.lovesarnies.com) (www.lovesarnies.com) has teamed up with expert nutritionist Jenna Hope, to give tips on how to avoid indigestion when eating on the go.

Indigestion – Why We Get it and How to Stop it

"Indigestion can be uncomfortable and sometimes even painful. A burning pain in the upper abdomen can be indicative of indigestion and other symptoms include bloating, heartburn, feeling sick after consuming food or bringing up food back into the mouth," begins Jenna.

"Indigestion can be caused by a number of factors such as consuming too much caffeine, certain medicines, alcohol consumption, eating too fast or not chewing properly, fizzy drinks, high levels of fat or spice in foods and high levels of stress.

"However, many of these triggers can be manageable, for example, even when you're on the move."

Eat Mindfully

Jenna's first suggestion is to have your mind on what you're eating rather than being distracted by other things around you.

"Ensuring you're eating mindfully despite eating on the go can be one way to avoid indigestion," she continues.

"Some people simply don't have time to sit down and eat breakfast in the morning, however, if they're eating on their commute, it's important that they're engaging with the food rather than being distracted by scrolling on their phone or reading a newspaper. However, tempting those activities may be.

"When individuals are eating mindlessly or whilst distracted, they're more likely to eat faster. In turn, this can have a negative impact on how food is broken down by the digestive system. The speed of eating can also contribute to symptoms of indigestion.

"My advice would be to avoid eating whilst walking as this is very distracting – you're better off waiting until you can sit down and focus on your breakfast properly – be this on the train, the underground or while waiting for a bus or just taking ten minutes outside your place of

work when you get there. Try to plan where and when you will have enough time to fully appreciate each bite.

“If you’re in the car then it’s not advisable to eat while driving but for passengers, this can be an ideal place where they can tuck into breakfast and give it the attention it deserves.”

Reduce Caffeine

“Additionally, for individuals who suffer from indigestion they may benefit from reducing their intake of caffeine from drinks such as tea and coffee, which can also contribute to symptoms. Where possible opt for a herbal tea instead or go for decaf varieties.

“It can be tempting to pick up a meal deal with a fizzy drink however, the gas in carbonated drinks can also contribute to symptoms.”

Remember to Hydrate

“Being dehydrated can be another contributor to indigestion, so choosing water to accompany breakfast will support optimal hydration and can help to reduce symptoms.

“It’s all about timing too, drinking water during the later stages of digestion can reduce acidity so don’t guzzle it all at once. By drinking tap or filtered water a little while after a meal, you can dilute the acid in the oesophagus, which can result in less heartburn.”

Keep Calm

“Finally, ensuring you aren’t eating in a stressed state can also help to reduce the symptoms of indigestion. High levels of stress can make people eat faster, as well as feeding into the desire to consume sugary foods.

“Therefore, try to do something that will calm you down before you tuck into your breakfast. That could be easier said than done in the morning, but there are things you can do on the go such as a mindfulness app on even framing the walk to the station or your place of work as your calming activity before consuming breakfast. Eating in a calm state means you’re much more likely to digest your food more optimally.

Plan Your Meal into Your Journey

“Overall, the benefits of eating breakfast far outweigh the downfalls of eating on the go. Planning is key, so if you try to incorporate time to fully appreciate your breakfast, even if that is at some stage on your commute, then avoiding indigestion may be easier than you think. If you know that there is a break in your journey for example where you have to change trains or wait for a train, then this could be a good time to eat. Similarly, if you know you’re always stressed at a particular point, for example when you’re dropping the kids at school or rushing out of the door – this is the time to avoid.”

[The British Sandwich and Food to Go Association](#) has named Thursday 23rd September as the first ever National Bacon Butty Day, celebrating a great British institution.

As we approach the end of the first full month back at school and for many, a full month back commuting to the office, the association is encouraging Brits to treat themselves to the nation’s favourite sandwich and give the food to go economy a much-needed boost.

If every commuter in the UK bought a breakfast sandwich on National Bacon Butty Day, it would be worth more than £77million to the industry.

ENDS

**For additional information, images and interview requests, please contact:
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Or visit the media hub here: <https://lovesarnies.com/index.php/media-hub>

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#YourBreakfastIsWaiting

Editors Notes

The British Sandwich & Food to Go Association is a trade body established in 1990 to represent the interests of all those businesses involved and the food on the move industry. Members range from supermarkets and food to go manufacturers to sandwich bars, cafes and the suppliers of ingredients and equipment for the industry. As well as representing the interests of members to Government, the Association sets industry standards as well as organising events such as British Sandwich Week and the annual British Sandwich Industry Awards, also known as the 'Sammies'.

Insert Jenna biog