



ECT

ECT stands for *Estimated Chewing Time*: The average time it takes a person to chew their food into liquid form. This is a very important step in the digestive process; chewing helps activate certain enzymes that assist in the breakdown of food. To determine your ECT, slice in half a medium banana and chew it thoroughly until it turns into liquid. Start your watch or timer at first bite and Stop the timer when liquid form is achieved. Write your time here _____ minutes. What does this mean? When it's time to eat your meals, do not take another bite of food or swallow until what you have in your mouth is in liquid form. This will help not to overtax the digestive system. Another Tip: Sit at the table and eat without distractions. Distractions usually cause overeating (fullness of bread) and rapid eating. Remember to practice temperance in all things.