

Eating on the go could lead to weight gain

By Ashley Welch, CBS News

These days, it seems like it's the American way to be constantly in a rush – and eating on the way. Whether you're scarfing down breakfast on the commute to work or grabbing a bite while you dash through the mall, it's an all-too-familiar pattern.

Now, new research suggests that this habit of eating on the go could be doing some major damage to your waistline.

In a small study, published Thursday in the Journal of Health Psychology, researchers from the University of Surrey in the U.K. looked at 60 women, some of whom were dieting and some of whom weren't. They were each given a cereal bar to eat under three different conditions: One group watched a five-minute clip of the television show "Friends" while eating; the second group ate while walking around the hall; and the final group ate while sitting and talking with a friend.

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