Binge TV watching affects eating habits

By Susmita Baral, NPR

Bingeing has become many people's favorite way to consume television. But marathon-viewing doesn't just change how we watch, it also affects how we eat.

While the culture of the Netflix all-nighter is relatively recent, researchers have been studying the links between TV viewing and mindless eating for years. And the news isn't good for our waistlines.

"There's convincing evidence in adults that the more television they watch, the more likely they are to gain weight or become overweight or obese," says Lilian Cheung, director of health promotion and communication at Harvard School of Public Health and author of Savor: Mindful Eating, Mindful Life.

Read the whole story