What happens when you overeat

This is how your body may respond when you eat past the point of being full.

**ESOPHAGUS**
Fills with extra acid from the stomach resulting in heart burn

**HEART**
Speeds up as your metabolism increases to digest extra food

**STOMACH**
Expands beyond its normal size to adjust to the large amount of food
Pushes on other organs and makes you feel uncomfortable
Produces excess gas

**LIVER AND PANCREAS**
Work harder to secrete extra hormones and enzymes to break down food

**INTESTINES**
Absorb macronutrients, vitamins and minerals for energy or fat

Excess fat can increase your risk for diseases like cancer.

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