



Eating Choices Can Hurt Your Business

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ABOUT THE AUTHOR

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Some people think that eating is just something that they need to do in order to survive. Others treat food as a wonderful activity of amazing delicacies and ambiance which we do not get enough. But did you ever stop to think about how eating choices might actually hurt your business? There are actually three specific things that you need to consider when it comes to the relationship between business and food:

1. Type of foods you are eating - I think each of us has had an encounter in the past when we were repelled by the smell coming from someone who has been eating garlic. There are certain foods that cause excessive gas in the stomach and this situation can be both embarrassing and disgusting for others to experience.

When you are in business, it is important that you consider the effect that certain foods might have on your clients and other professionals. Most of us would like to think that others are not judgmental but, the truth is that people do make judgments about us and, if they are uncomfortable in your presence, they might avoid you. Sometimes, in fact, you might not even know why you have lost a client. The key is to watch what you eat and make sure that you always practice good hygiene.

2. Amount of food you consume - If you are eating too much food you might find that your weight increases and, for most people, this also increases your risk for health problems. On the other hand, not eating enough food, can lower your energy and leave you with feelings of weakness or lethargy.

As a business owner, you are extremely important to the success of your business. When you are not experiencing good health, the business suffers and so it is very important that you plan and enjoy a well-balanced diet in recommended proportions for your age and needs.

3. Timing around your eating - Over the years I have seen many business owners who do not eat during the day because they are "too busy". I have also encountered upset clients who complain when they have to wait for someone who returns lack from their lunch break or actually eats in front of the client.

The above eating choices can hurt your business. It is therefore important that you take regular breaks throughout the day when you can enjoy lunch and snacks to give you energy and strength.

When you choose foods with care and consider, eat an appropriate amount and schedule time to enjoy them you not only protect your own health but also the health of your business.