

The science of Thanksgiving feasts

By Rachel Feltman, Washington Post

Thanksgiving is almost here, and Americans are preparing to knuckle down and stuff their faces, come what may. While the “average” calorie counts of Thanksgiving diners are often overblown, it’s safe to say that most people eat richer food – and more of it – than they would during a typical meal.

But what does this delicious, delicious debauchery do to your body?

Let’s start with the obvious: Eating a lot of food makes you feel full, and Thanksgiving is a day for getting stuffed.

As explained by the American Chemical Society video above, your stomach is pretty resilient. It can easily stretch to a bit over a liter in volume – about the size of a burrito. And according to the pathology reports of people whose stomachs have ruptured you can probably get about four times that much food in there before things get too dire. (Please don’t try that.)

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