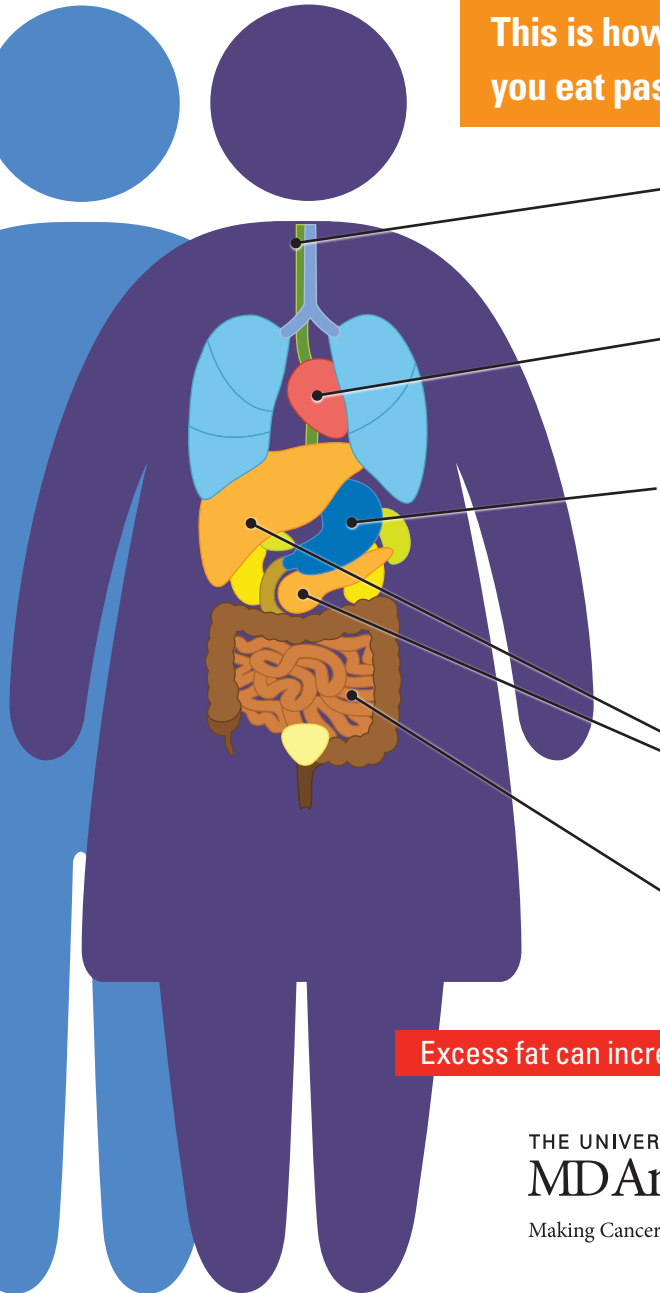# What happens when you overeat

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.