



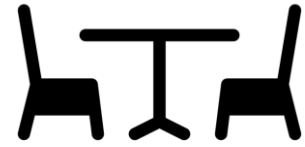
Mindful Eating Practices



Before you begin eating, ask how you feel in that moment. Am I hungry? Bored? Upset? Celebrating? What is your body asking for?



Engage all your senses: how does your food look, smell, feel, and taste? What does it sound like as you eat it?



Sit at the table while eating. Whenever possible, avoid eating on-the-go.



Take small bites, and chew well.



Chew slowly and savor the flavor of your food.



Remove food from original packaging and place on a plate or bowl.



Avoid multitasking: eat away from the TV and put your phone and laptop away.



Put your fork down between bites to slow down.



Close your eyes and savor the flavor of your food.



Take at least 20 minutes to eat a meal – this is how long it takes for your brain to realize you are full.



Resign from the Clean Plate Club. Don't be afraid to save leftovers for your next meal.



Check in throughout the meal: Are you enjoying the food? Are you done eating? How much more do you need to feel satisfied?