

HOW TO EAT MINDFULLY



SENSE HUNGER

Listen to your body.
Eat when hungry and
stop when full.



SIMPLIFY & SILENCE

Clear clutter off the table to
avoid distractions. Turn off
all electronic devices.



CREATE A PLACE

Have a designated eating place.
Use a nice placemat and table
setting and avoid eating in your car.



SLOW DOWN

Put your fork down
between bites. Chew more.
Make the meal last longer.



SAVOR FLAVORS

Enjoy food with all your senses.
Notice how the meal looks,
feels, smells and tastes.