

HOW TO EAT MINDFULLY



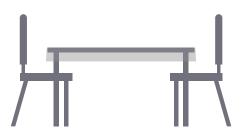
SENSE HUNGER

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.