Mindful Eating

MAKE EVERY BITE A
MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start! It's not about dieting or restrictions – it's about taking a moment to take it in.

Try these easy ways to incorporate mindful eating into your day, so you can **Eat Smart** at every meal:

Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.

Appraise: Take a moment to take it in. How does it smell? Do you really want it? Is it more than you need?

Slow: Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the flavor.

Savor: Enjoy your food. Take a moment to savor the satisfaction of each bite – the taste, texture, everything!

Stop: Stop when you're full – there's no need to join the clean plate club if it means overeating.

Try one or more of these tactics to help you eat more mindfully.

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