

# MINDEFUL EATING

## HELPFUL TIPS TO EAT MINDFULLY

Mindful Eating - Brings mindfulness to food choice and the experience of eating. Eating while texting, watching tv or eating on your working desk may cause you to gain weight! When our brain is distracted during eating, we are unable to fully register what we are eating and how much we are eating.



### Tip #1

Do nothing during mealtime, except eat. Turn off tv and put down your phone.



### Tip #2

Eat slowly and do not rush. Chew thoroughly.



### Tip #3

Eat in silence. Focus on your food and drink.



### Tip #4

Stop eating when you are full to prevent from overeating.



### Tip #5

Eat when your body tells you to eat (i.e stomach growling, low energy).



### Tip #6

Have a proper seat to eat and minimize eating on the go.