



Don't eat straight from the packaging



Drink more water



Respect your body and health

# Mindful Eating



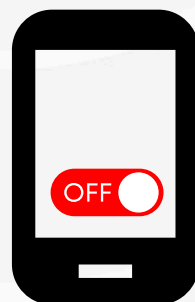
Listen to relaxing music



Don't hurry



Take small bites



Eat without gadgets



Always sit down at a table to eat



@nkfmy