

Mindful Eating Strategies:

- **Take five deep breaths prior to each meal.**
- **Sit down while eating.**
- **Place your food on an attractive plate or bowl.**
- **Eat slowly and taste each bite.**
- **Take small bites.**
- **Honor your hunger cues, and do not fear hunger.**
- **Pay attention to satiety cues.**
- **Once you begin to feel satisfied, stop eating.**
- **Eat without distraction.**
- **Carry foods with you that you like and that support your health, in the event that you become hungry when you are out.**
- **Sip warm tea or water prior to a meal to calm your body.**

For more information on this topic click on the link below:

<http://www.obesityaction.org/educational-resources/resource-articles-2/nutrition/what-is-mindful-eating>