

9 TIPS

FOR MINDFUL EATING

These **research-based tips** build on the principles of mindfulness to help you become more attuned to your appetite and your body, enjoy food more, and improve your overall well-being.

1 GO SLOW

Savoring food slowly allows your brain to catch up with your stomach and recognize fullness.

2 ELIMINATE DISTRACTIONS

Eating while distracted, such as while using your phone, leads to overeating and less satisfaction. Turn your attention solely to your meal.

3 ENGAGE YOUR SENSES

Before eating, take time to appreciate the food's colors and aromas to strengthen your awareness and satisfaction.

4 RECOGNIZE HUNGER CUES

Heighten your awareness of satiety cues and try *hara hachi bu*—the practice of eating until you are 80% full.

5 SHOW GRATITUDE

Expressing gratitude before meals can shift your mindset to one of appreciation, which is linked to emotional well-being.

6 NOTE TEXTURE AND TASTE

Focusing closely on food's texture and flavors makes eating more enjoyable and promotes satisfaction.

7 USE SMALLER PLATES

Using larger plates can lead to overeating, while smaller plates encourage you to eat according to your hunger rather than the size of the plate.

8 MANAGE EMOTIONAL EATING

Emotional eating often stems from stress, sadness, or boredom. Mindfulness techniques like deep breathing can help manage these triggers and increase awareness of your eating motives.

9 TAKE A BEAT BETWEEN BITES

Pausing between bites allows time for your body to process food, and for safety signals to reach your brain.

