



HOW TO PRACTICE MINDFUL EATING

1

BEFORE YOU BEGIN...

Choose a **quiet spot** and **disconnect** from distractions



Leave your cell phone in another room, turn off the TV or radio

2

LOOK AT THE FOOD

Does it look **appetizing**?
How are the **colors** and **textures**?
Does the **amount** seem enough for your hunger level?

3

TRAIN THE SMELL

What scents stand out?
Close your eyes and try to identify them.

4

TIME TO EXPERIENCE

Take the food to your mouth **calmly**,
chew it very well and **feel** the different **textures and flavors**.



To slow down : chew for at least 10 seconds, switch the fork to other hand, put the cutlery down, and breathe between bites.