

MINDFUL EATING REMINDERS

Being mindful in our eating habits translates into other areas: how we feel throughout the day, how we sleep, & our mood.

BENEFITS

- Weight maintenance
- Enjoying your food
- Reducing stress
- Easier to digest meals

THE BASICS

1. Eat Slowly to 80% Full
2. Listen to bodies hunger signals
3. Eat at set times with others
4. Just EAT (NO work, TV, or phone)

Before You Eat,
Remember:

CUE

Chew slowly
Undistracted
Enjoy your food

Resources (click below!)

- [Nourish Yourself with Mindful Eating](#)
- [Youtube Link](#)

