

Mindful Eating Practices

1. Chew your food well
2. Be fully present while eating
3. Make your food visually appealing
4. Be aware of the aroma
5. Feel the texture of each mouthful as you chew
6. Put down your fork / spoon between mouthfuls
7. Leave a little food on your plate
8. Don't eat while working
9. Don't go straight back to work after eating
10. Don't eat while walking or driving

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