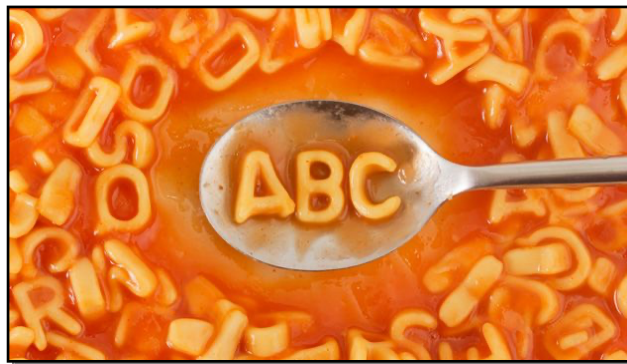


Mindful Eating Practices

1. Do nothing else while you're eating – don't multi-task.
2. Take small portions – cell-phone size.
3. Take very small bites – finger-tip size.
4. Taste and savor each bite you take.
5. Hold each bite for at least 5 seconds before you swallow – even soft foods.
6. Don't add food to your mouth before you swallow what you're chewing.
7. Don't wash down your food – sip your beverage separately.
8. Put down your fork after every 10 bites.
9. Stop eating when you're satisfied – not when you feel full.
10. Leave at least one bite of each item on the plate.



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