Mindful Eating Steps

- Start by asking yourself whether you’re physically hungry before you begin eating
- Don’t wait until your famished
- Decide how full you want to be
- Choose food that will satisfy both your body and mind.
- Set the Mood
- Eat without Distractions
- Relax!
- Appreciate the occasion
- Center Yourself
- Observe your food
- Savor your food
- Pause for Effect
- Motion to Stop
- Self-check