

Tips for Mindful Eating

1. REFLECT

Before you eat, consider where you are on the hunger-fullness scale.

2. SIT DOWN AND BE PRESENT WITH YOUR MEAL

Take a break from work to sit down for your meal. Remove distractions by eating away from your desk, computer and phone.

3. USE ALL OF YOUR SENSES TO EXPERIENCE YOUR FOOD

Look at your food and take in the colors and presentation. Smell your food before you take a bite and note what scents stand out most. As you eat, think about the temperature, texture and taste of the food in your mouth.

4. SLOW DOWN AND CHECK IN

When you finish your meal, wait 15 minutes and reassess where you are on the hunger-fullness scale before deciding to eat more.



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