



MINDFUL EATING TIPS

..just in time for the holidays!

Source: "10 Tips for Mindful Eating - Just in Time for the Holidays," Harvard Medical School, 2015.

REFLECT & GIVE GRATITUDE

How do you feel?

Take a moment to reflect, then choose if you want to eat, what you want to eat, and how you want to eat.

Be thankful.

Acknowledge the labor that went into your meal — be it thanks to the farmers, the animals, the chefs, or even your companions at the table.

HAVE A SEAT & TURN OFF THE TV

Don't eat on the go.

You're less likely to appreciate your food when you are multi-tasking. It's also difficult to keep track of how much you are eating when you snack on the go.

Don't look at screens.

Have you ever glanced down from your phone or tablet or computer, only to wonder where all the food went? These distractions make us less aware of what and how much we eat.

RESIGN FROM THE "CLEAN PLATE CLUB"

It's okay to cancel your membership to the Clean Plate Club. Consider packing the leftovers to go, or just leaving the last few bites. Even though nobody likes to waste food, overstuffing yourself won't help those in need.



SERVE OUT YOUR PORTIONS

Resist eating straight from the bag or the box. Not only is it easier to overeat when you can't see how much you've had, but it is also harder to fully appreciate your food when it is hidden from view.

PICK A SMALLER PLATE

You might crave less if you see less. Smaller plates will help you with your portion control — an especially good strategy for those all-you-can-eat buffets.

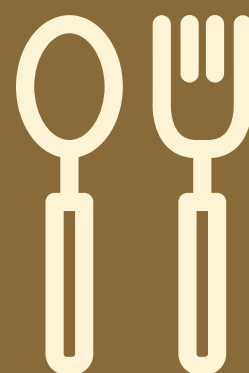


CHEW 30 TIMES

Take time to enjoy the flavors and textures in your mouth before you swallow. This may also help prevent overeating by giving your gut time to send messages to the brain to say you're full.

PUT DOWN YOUR UTENSIL

Put down your utensils after each bite, and don't pick them back up until you have enjoyed and swallowed what you already have in your mouth.



SILENCE

Try eating your meals in silence once in a while. When it's quiet, it is natural for the mind to wander; acknowledge these thoughts, and then see if you can gently return to your experience of eating.