

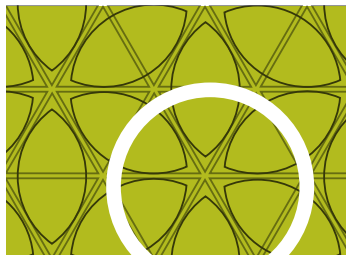


- 7 As you eat, pay attention to your sense of fullness. Stop eating when you feel content – not stuffed but nearly full.
- 6 If you notice that you are eating without tasting... Stop and pause to look at the food.
- 5 Then take a small taste. Roll it around in your mouth; savor it. What ingredients can you detect? Chew slowly and swallow. Put your fork down between bites. Take a sip of water to cleanse your palate. When your mouth is empty of food and flavor, repeat the process.

A Prayerful Meal

- 1 Prayerfully express your gratitude throughout the meal.
Enter into this time of nourishment with openness and thanksgiving.
- 2 Pause before beginning the meal.
Ask yourself, “Am I hungry?” Look at each item of food, taking it in with your eyes. Notice colors, textures, shapes, and arrangement on the plate.
- 3 Take a moment to say grace.
Thank the animals, plants, and people who provided and prepared the gift of this food.
- 4 Begin the meal by pausing to inhale the aroma of the food.
Imagine that you are being nourished by just the smell.

Adapted from *Mindful Eating* by Jan Chozen Bays, M.D.



- ▼ Fold this page in thirds.
- ▼ Tape the top and bottom edges together to form a tent.
- ▼ Place it on your table with this side down.
- ▼ To learn more about prayerful eating, visit PorticoBenefits.org/wellness.