



- 7 As you eat, pay attention to your sense of fullness. Stop eating when you feel content – not stuffed but nearly full. Stop and pause to look at the food.
- 6 If you notice that you are eating without tasting... repeat the process.
- 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,

A Mindful Meal

- 1 Set an intention to experience 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 give thanks. 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 mindful eating, visit Live Well on PorticoBenefits.org.