Stop eating when you feel content — not stuffed but neatly full.
As you eat, pay attention to your sense of fullness.

Stop and pause to look at the food.

If you notice that you are eating without tasting...
Repeat the process.

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,
Chew slowly and swallow. Put your fork down between bites. Take a sip of water to cleanse your palate.

Then take a small taste.

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.