



## Tips for Mindful Eating

Listen to your hunger cues; do not fear hunger.

Calm your mind and body before a meal; sip on warm tea or water.



Take five deep breaths before a meal.

Take time to sit down while eating.

When you eat, remove all distractions and focus only on eating.

Use attractive bowls and utensils.



Eat slowly, take small bites and taste each one.



Focus on satiety cues.

It's OK to stop eating when you feel satisfied, even if there is still some food on your plate.

Choose to eat foods you enjoy! Carry foods with you in case you get hungry when out. Think about foods you like to eat verses one eaten just out of habit.

Handout provide by Rutgers Cooperative Extension of Hunterdon County  
Department of Family and Community Health Sciences

[grenci@njaes.rutgers.edu](mailto:grenci@njaes.rutgers.edu); <http://www.co.hunterdon.nj.us/rutgers/fcs.htm>

Sources: [www.mindful.org](http://www.mindful.org) & Christophjer Willard PsyD infographic