

# eat mindfully

**P** **Pause** from the crazy of life to listen to your hunger and fullness cues and eliminate distractions (like TV, phone, etc.) before embarking on your meal or snack experience.

**A** **Appreciate** your food - Where did it come from? Who farmed it? Who cooked it? What nutrients does it provide? What hunger and craving does it satisfy?

**U** **Use all of your senses** - notice your food's color, texture, smell, temperature, and taste. You can begin to experience your food even before you take a bite!

**S** **Slow down** and chew thoroughly. Put your fork down between bites. Finish one bite before beginning the next.

**E** **Experience**, truly experience, your meals and snacks. Be fully present for the pleasure that food can bring!