



# 7 Ways to Practice Mindful Eating

- 1. End the multitasking.** Carve out a little time in your day to give eating your undivided attention.
- 2. Breathe.** Take a moment before you eat to slow your mind and focus on the food in front of you. Take two to three deep breaths.
- 3. Savor the first bite.** Engage your senses and savor that first bite. Notice the colors, aromas, flavors, and textures.
- 4. Slow down.** Put down the fork between bites or chew a bit more thoroughly before swallowing.
- 5. Let your thoughts fly by.** When your thoughts start to wander, acknowledge it, and then return to focusing on eating.
- 6. Pause halfway through.** Take a moment to reflect on how full you feel. Are you still hungry and want to continue, or are you approaching fullness?
- 7. Reflect on your food choices.** Which foods increase vs. zap your energy? Pick foods that engage your taste buds and work well with your body.

Learn more at [PacificSource.com/mindful-eating](https://PacificSource.com/mindful-eating).