

Mindful eating *can boost your health*

If you want to eat healthier without a strict diet, try mindful eating. Mindful eating is a way to fully focus on your food as you eat. When you eat mindfully, you may:

- Eat less
- Avoid eating when you're bored or stressed
- Stop when you feel full

When you practice mindful eating, you eat more slowly. You'll enjoy your food more without overeating.



HOW TO DO IT

You don't need any special equipment or classes to practice mindful eating. Take these steps at your next meal:

- **Avoid distractions:** Make your meals an event. Don't eat while driving, working, watching TV or doing other activities.
- **Ask yourself how you feel:** Are you actually hungry? Or are you thirsty, bored, stressed or lonely?
- **Leave some space:** If you're used to filling your plate, leave about a quarter of your plate empty for now. You can always go back for seconds if you are still truly hungry.
- **Chew slowly:** Take small bites. Put your fork, spoon and knife down between every bite.
- **Enjoy:** Experience the smell, taste and texture of your food with each bite.
- **Watch the time:** Wait at least 20 minutes before you get another helping. By then, your stomach may realize it's full.
- **Know when to stop:** When you're full, stop eating. You don't need to clean your plate.

Sources: American Heart Association, Veterans Health Administration