

Focusing on what you taste, smell, see, and feel allows you to fully savor each bite of food.

This mind-body practice is about paying close attention to your food while eating it. Connecting to your eating experience can also help you become more tuned into your body's hunger and fullness signals.

Put away or step away from your smartphone, computer, or TV during meals.

Check in with yourself before eating to decide how hungry you really are.

Give thanks for the people and resources that brought this food to your table.

