

Mindful Eating

Choices

- * Type of food
- * Where you eat
- * When you eat
- * How often you eat
- * Amount of food
- * Size of the bite you chew
- * How fast you chew * When you swallow * Time between bites
- When you stop

Eating Experiments

1. Watch the food entering your mouth
2. Clearing - take a sip of water after each bite to “clear” the palate
3. Loaves and Fishes - break food into many smaller pieces
4. Food Hopping - hop from one food to another to give new taste each bite
5. Find Your Bite Size - experiment with most enjoyable bite size
6. Put silverware down after each bite
7. Taste Deeply
 - Flavor
 - Texture
 - Aroma
 - Temperature
 - Aftertaste