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