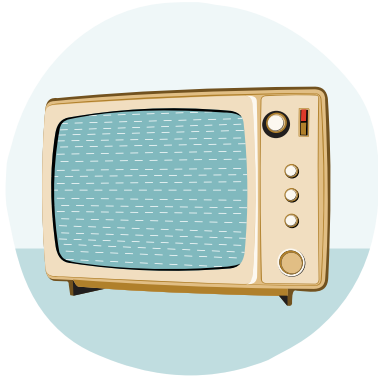


How to Practice Mindful Eating



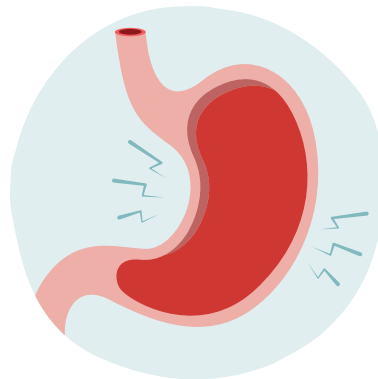
Avoid distractions.



Use all of your senses.



Take your time to chew thoroughly.



Identify and listen
to your hunger cues.



Notice any emotions that
pop up while you eat.



Reflect on your relationship
with food.