Mindful eating will help you develop a healthier relationship with food. To get started, follow the tips below.

1. Be Fully Present
   Avoid distractions from your food.
   - Turn off the TV or electronics
   - Avoid doing work or reading

2. Observe and Listen
   Pay attention to what your body is telling you.
   - Notice if you are feeling full
   - Ask if you are eating out of boredom, nervousness, or hunger

3. Savor the Moment
   ENJOY the food you are eating!
   - Slow down & enjoy each bite – notice texture, taste, & smell
   - Sit down for relaxation and better digestion

4. Remain Nonjudgemental
   Avoid thinking about food as "good" or "bad"
   - Notice when you are having guilty thoughts
   - Learn to appreciate food as nourishment

To learn more, please visit shfb.org/nutrition-center