



Kansas City

10 Tricks to Eat More Mindfully

What you put into your body matters. Try out these 10 tricks and see how much impact eating mindfully can have on your body.

Chew 25 times before swallowing

The more you chew, the fuller you'll feel.

Use your non-dominant hand

Extra work will keep your brain aware.

Put your fork down between each bite

Take time to enjoy every bite you take.

Develop a healthy eating environment

The more accessible the food is, the more likely you are to eat it.

Use smaller plates and bowls

You will crave less if you see less.

Power off all electronics

Distractions make us less aware of how much we're eating.

Name the flavors of what you are eating

Take advantage of your senses.

Appreciate your food

The more you appreciate your food, the more you'll want to savor it.

Take 3 full breaths before your first bite

This will switch your body to Rest and Digest mode.

Wait before getting seconds

Let your brain catch up with your stomach.

