

Tips For Slower Eating

- Add 10 extra minutes to your mealtimes — set a timer
- Set aside time to eat - make eating a conscious, deliberate act and a well-earned break from your busy day
- Have a "Monk Meal" - eat alone, with no TV, cell phone, magazine, or any other distraction
- Eat with your non-dominant hand
- Put your utensils down between bites
- Take a breath or have a sip of water between bites
- If you eat out, choose a restaurant with a quiet and relaxing atmosphere
- Dine with companions who eat slower than you and match their pace
- Set the mood for a slower meal with candles and mellow music
- Set a minimum number of chews per bite (40 is a great place to start)

What is one tip you will try today to help you eat slowly?