

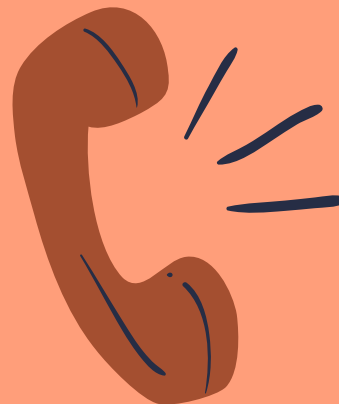
1



Mindful Eating Tips

Breathe! Taking longer, deeper breaths to promote relaxation.

2



Put the phone away! Try focusing on the food alone, not distracting yourself with your phone.

3



Slow down! Take time to chew food and allow for hunger/fullness cues.

4



Think! Investigate how the food makes your mind and body feel.

UMD Dining Nutrition Team

