

7 Habits of a Mindful Eater

1. **Honor the food**—when you eat, only eat
2. **Engage all six senses**
3. **Serve in modest portions**—to enjoy quality, not quantity
4. **Savor small bites, and chew thoroughly**—to help digestion and taste
5. **Eat slowly** -to avoid overeating and to let yourself feel satiated
6. **Don't skip meals**—to avoid low blood sugar
7. **Eat a plant-based diet**—for your own health and for the health of the planet