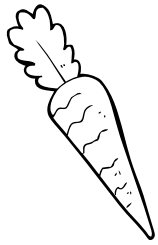


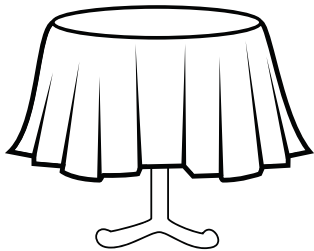
Ignore 'diets' and fad health claims



Just eat *real*, simple, whole food that you enjoy

*enjoy!*

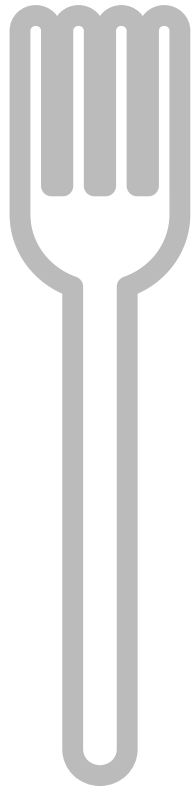
Close your eyes and savour the taste!



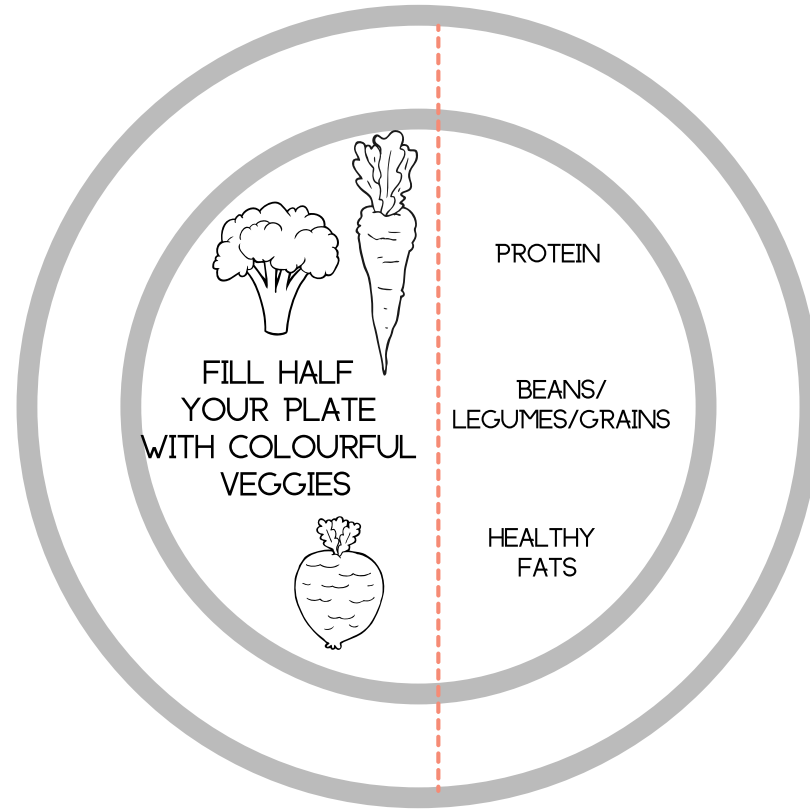
Sit at the table & prioritise mealtimes

*How am I feeling?  
What do I need?  
How can I enjoy my meal more?*

Take smaller bites!  
Chew 20 times



SLOW DOWN!  
CHEW EACH MOUTHFUL



Choose a smaller plate for smaller portions

Listen to your body and the signals it is sending you...

*Where did my food come from?  
What does my food taste/smell/feel like?*

Put down cutlery in-between bites



Avoid all distractions!



No TV, phones, laptops or multi-tasking



Look at your meal as an opportunity to nourish your body



Always use plates & cutlery

DON'T RUSH: A MINDFUL MEAL MAY TAKE 20 MINS