

7 Practices 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

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Summary of list [pp. 124-7] of seven practices of a mindful eater for SAVOR: MINDFUL EATING, MINDFUL LIFE by THICH NHAT HANH and DR. LILIAN CHEUNG. Copyright© 2010 by Thich Nhat Hanh and Lilian Cheung. Used by permission of HarperCollins Publishers.