*GUIDE TO EATING SLOWER.*

Eating slowly and mindfully is *simple* and*effective*—but not necessarily *easy*. You don’t have to be perfect, just start slow and keep at it.

Take a breath.

* Before you eat, pause. Take one breath.
* Take one bite. Then take another breath.
* Continue with one bite and one breath at a time.

Add a minute.

* Start small. Lengthen your meal by one minute. When you start your meal, start the clock.
* Stretch out each meal as long as you can. Then try to make your next meal last one minute longer.
* Over time, you can gradually build up how long you spend at meals.

Get rid of distractions.

* Don’t eat while you drive, watch TV, or play with your phone.
* Sit at a table, not on your living room couch. Try to relax and experience your meal.
* It’s helpful to eat with a friend or family member.
* The whole point is to pay attention to your food and body.

Eat foods that need to really be chewed.

* Have you ever noticed that a whole food, like an apple slice takes much longer to chew than a highly processed snack, like a cracker or cookie?
* Minimally processed lean proteins, fruits and vegetables, whole grains, beans and legumes require more effort and time to eat.
* The more you have to chew, the longer it’ll take you to eat, giving your fullness signals a chance to catch up.

Do something between bites.

* Pacing yourself is easier when you have a specific action in mind to break up mouthfuls of food.
* Between bites, try:
  + setting down your utensils
  + taking one to two breaths
  + asking someone at the table a question

Savor your food.

* Enjoy it. Really taste it. Is it salty? Sweet? Does it coat the roof of your mouth? What’s the texture like?

Refine your practice.

* Pay attention to the eating speed of those around you. Observe the slowest-eating person in the group and match their speed.
* If you find yourself rushing, that’s okay. Put your utensils down and take a minute to re-focus. If slow eating isn’t habitual for you, this will take some time to master.
* Remember: every meal is a chance to practice.

[Adapted from Precision Nutrition- 30 day Eating Challenge](https://www.precisionnutrition.com/30-day-eating-challenge)