

TIPS &  
TOOLS

# MINDFUL EATING

- Engage all 5 senses into your eating experience
- Have nutritious foods readily available
- Eliminate distractions
- Designate an area in which to eat & enjoy food
- Take time eating your meals: put down your fork between bites
- Allow everyone to contribute to meal prep

**REMEMBER: WE SHOULD FEEL ENERGIZED  
AFTER EATING, NOT TIRED!**



HOUSTON FAMILY NUTRITION

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