

8 PUT YOUR FORK DOWN BETWEEN BITES. Slowing down helps you to eat more mindfully.



9 EAT WITH YOUR NON-DOMINANT HAND. If you're a rightie, dine as a leftie, and vice-versa. This can reduce how much you eat by 30 percent.

10 SIP WATER BETWEEN BITES. It's a sneaky way to both slow you down and fill you up with calorie-free fluids.



11 RATE YOUR HUNGER BEFORE YOU EAT. Use a scale from 1-10. This can help reduce emotional eating.



12 TAKE A DEEP BREATH BEFORE EATING. This simple act can help bring your mind back to the present moment.

14 FIND YOUR COMPASSION. Compassionate words—instead of self-criticism—help you to eat more mindfully.

13 GIVE THANKS. Say a prayer or quote expressing gratitude before you eat.



15 STAY HYDRATED. Thirst can masquerade as hunger.

17 DON'T FIGHT CRAVINGS. Acknowledge the craving and respond thoughtfully. Were you thinking about chocolate or is it your afternoon habit? Is there a healthier way you can indulge it? Research indicates that ignoring cravings makes them stronger.

16 GET MORE SLEEP. Sleep loss can skew your appetite and fullness cues making you feel hungrier.





THE *Mindful Eating* MARATHON

LEARNING TO EAT WELL IS MORE OF A MARATHON THAN A SPRINT.

Slim down by slowing down and savoring every bite with the help of these **26.2 tips** from Susan Albers, Cleveland Clinic psychologist and author of *50 Ways to Soothe Yourself Without Food*.

START

1

EAT LIKE A GOURMET
Smell, touch and savor each bite.

2

SIT DOWN. Avoid eating while standing up, walking or while standing in front of the fridge.



3

PULL OUT THE FINE CHINA (OR AT LEAST A PRETTY PLATE). That will make your mealtime feel special.

5

TURN OFF THE TV. Research indicates that TV significantly prompts mindless eating.

4

DON'T MULTI-TASK. Focus on what you're eating.



6

MOVE MINDFULLY. Yoga is clinically proven to help people become more mindful eaters.

7

EAT FIBER. This helps regulate your blood sugar levels so you're not tempted to binge (the very definition of mindless eating).

