



BEFORE EATING: **B**REATHE, **B**ELLY CHECK AND **B**ODY CHECK



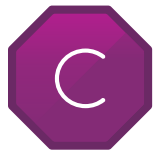
ASSESS YOUR HUNGER LEVEL ... **A**SSESS YOUR FOOD
EAT WITH YOUR FULL **A**WARENESS AND **A**TENTION



SLOOOOOOOOOW DOWN!



INVESTIGATE — YOUR SATISFACTION, FULLNESS, ENJOYMENT



CHEW YOUR FOOD



SAVOUR THE FLAVOURS, TEXTURES AND TASTE

* as per Lynn Rossy - “The Mindfulness-Based Eating Solution”

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