

# 5 S's of Mindful Eating

By Dr. Susan Albers



1

## Sit Down

Have a seat! Avoid nibbling in front of the refrigerator or snacking in your car. Put food on a plate. You will enjoy food more and eat less when you give eating your full attention. Motto: "Only eat off your feet."



2

## Slowly Chew

Eat with your non-dominant hand (if you are right handed eat with your left). Research indicates that eating with your other hand can reduce how much you eat by 30%. Intentionally chew slower than the person you are eating with. Motto: "Pace, don't race."



3

## Savor

Take a mindful bite. Smell. Taste. Notice & look at each spoonful. Turn off the TV and other distractions. Motto: "When you eat, just eat." Watch an example of mindful eating: <https://www.youtube.com/watch?v=8L8h3sfLEsk>



4

## Simplify

Put healthy foods in convenient places like on the counter. Place treats out of view. Research indicates that people tend to eat what is in their immediate reach. Motto: "In sight, in mind, out of sight, out of mind." A snack for stress eaters: <https://www.youtube.com/watch?v=qVcc-ypOnCl>



5

## Smile

Smiling can create a brief pause between your current bite and the next one. During that gap, ask yourself if you are just satisfied, not full. Motto: "Take a breath, to manage stress."

