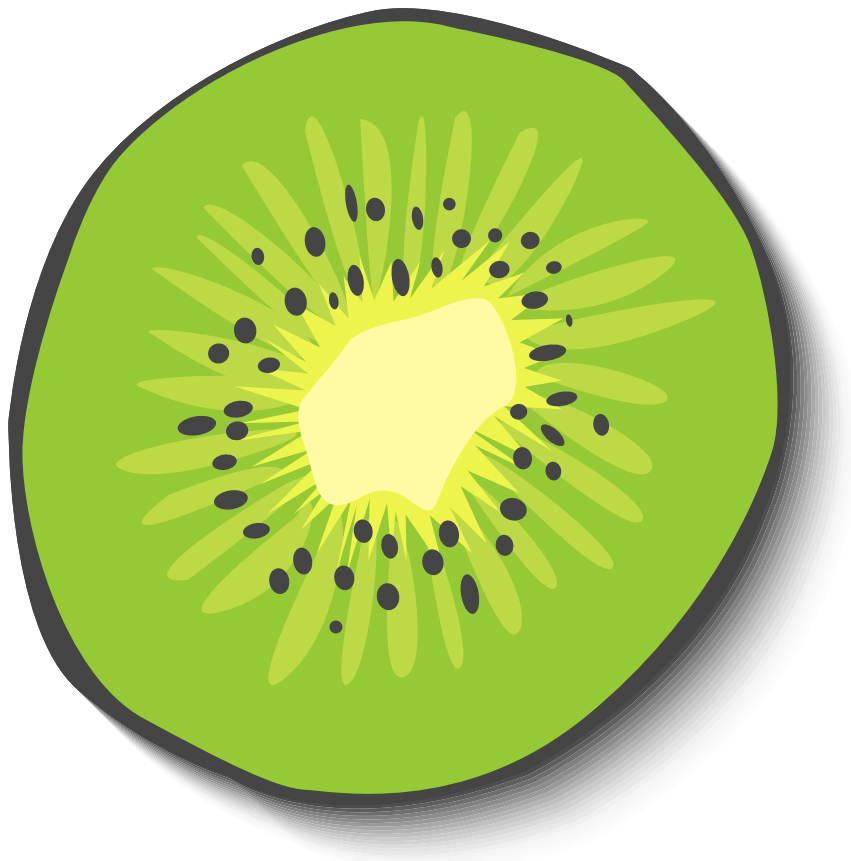


MINDFUL EATING

Handbook



By: Dr. Susan Albers

Clinical Psychologist and New York Times
Bestselling Author of *Eating Mindfully*, *50 Ways
to Soothe Yourself Without Food* and *EatQ*



**One cannot think well,
love well, sleep well, if one
has not dined well**

—Virginia Woolf

1

Sit Down at a Table Motto: "Only eat, off your feet."

2

Slowly Chew Motto: "Pace, don't race."

3

Savor Motto: "When you eat, just eat."

The title '5 S's OF MINDFUL EATING' is centered on the page. '5 S's' is in a large, black, sans-serif font, while 'OF MINDFUL EATING' is in a bold, orange, sans-serif font. The background features faint, light pink illustrations of a fork on the left and a knife on the right, and a large, light green circular graphic behind the text.

5 S's OF MINDFUL EATING

4

Simplify Your Environment Motto: "In sight, in mind. Out of sight, out of mind."

5

Smile Between Bites Motto: "Take a breath, to manage stress."

MINDFUL EATING PLEDGE



THE MINDFUL PLATE



Sit at a Table



Turn Off Electronics



Eat With Your
Non-Dominate Hand



Hydrate Between
Bites



Pace Yourself



Chew Well



Pause Before
Choosing



Push Away Your Plate
When Finished



Pierce Instead of
Scoop With Your Fork



Use A Small Plate



Cut Up Your Food Into
Small Bites



Eat On A Plate, Not
Out Of A Bag or Box

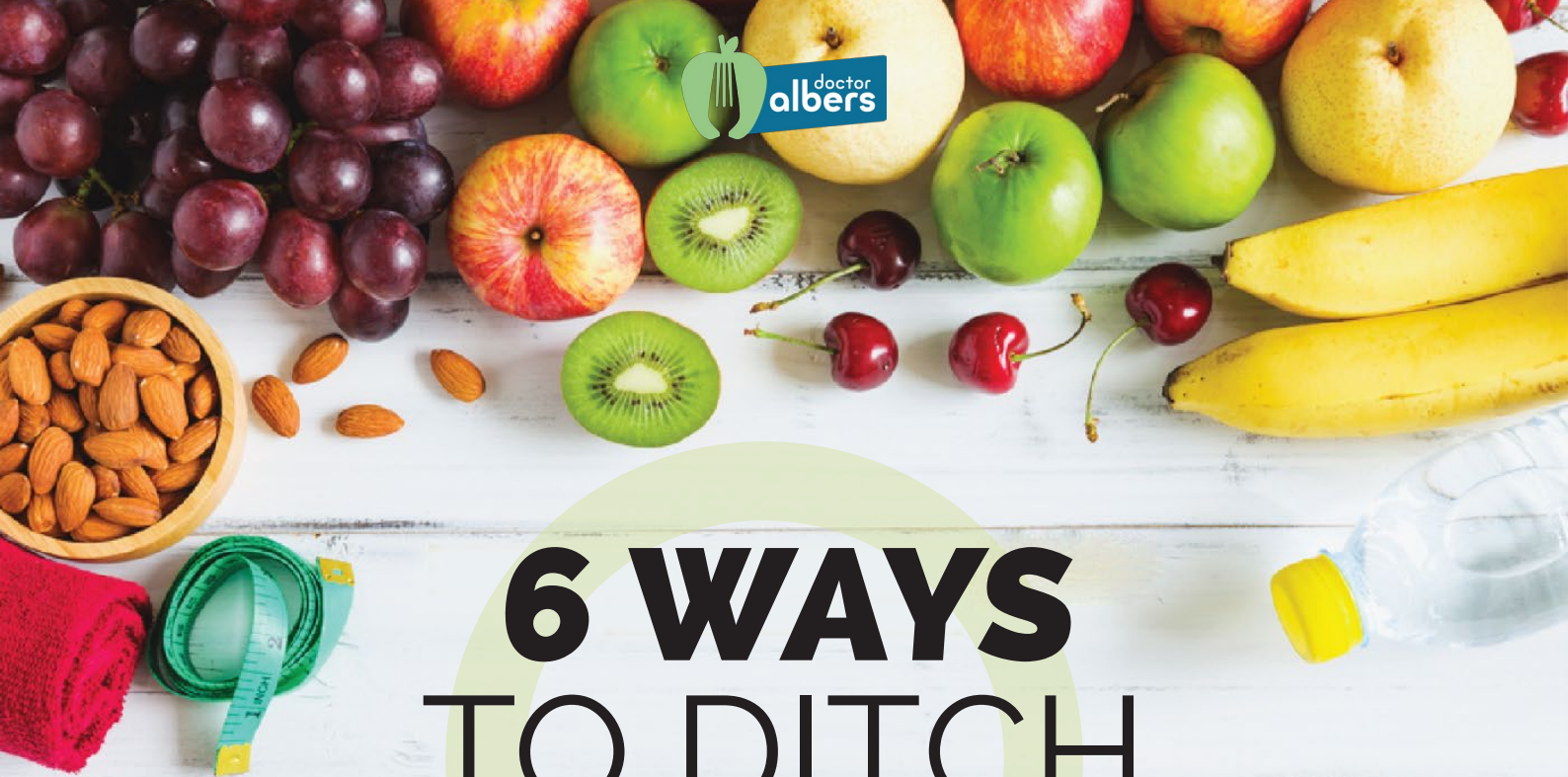
A vibrant, close-up photograph of fresh vegetables including red tomatoes, yellow bell peppers, green broccoli, and green beans, all glistening with water droplets.

MINDFUL EATING MANIFESTO

Being nourished and well fed is critical to being at your best—to focus, create, innovate, authentically connect, and simply be the most amazing you. The first step to healthy eating is to focus more on how you eat than what you eat. It’s perfectly okay to enjoy delicious food in a mindful way. When prepared well, healthy food is stunningly delicious and filling to the belly, and it exposes “junk food” as the highly processed, pumped with artificial fluff that it is. The comfort food brings is disappointingly fleeting. Hunger can be deceptive, and mindfulness can help distinguish emotional from true physical hunger. Whether you eat, snack, munch, dine, or take just one bite, always, always keep your mindful inner light switched on.

—Susan Albers, PsyD





6 WAYS TO DITCH DIETING

1

Eat Mindfully
(Be aware of
each bite)

2

Eat All Foods
(In balance)

3

Pace, Not Race
(Eat slowly and
with intention)

4

Calm Without Calories
(Find soothing and comfort
without food)

4

Eat Less & Nourish
More (Focus on foods that
power and energize)