MINDFUL EATING VS MINDLESS EATING



UNDISTRACTED EATING

HEALTHY FOOD CHOICES

CONTROLLED PORTIONS

EATING SLOWLY

FEELING SATISFIED & CONTENT

STRESS EATING

EMOTIONAL EATING

HABITUAL EATING

SENSORY EATING

SPEED EATING

AIM TO FEEL SATISFIED BEFORE YOU FEEL FULL!

5 TIPS FOR MINDFUL EATING

1.SIT DOWN!

EVEN IF IT'S ONLY FOR 10 MINUTES. MAKE PROPER TIME FOR YOUR MEAL

2.TURN IT OFF!

SWITCH OFF THE TV. LAPTOP, AND **CELL PHONE**

3.RECLAIM MEALTIMES!

EAT PROPER MEALS RATHER THAN SNACKING ON THE GO

4. TURN YOUR SENSES ON!

ENJOY THE TASTE. SMELL. TEXTURE AND LOOK AT EACH BITE

5. CHEW SLOWLY!

KICK START HEALTHY CHEWING HABITS

USC Hospitality

SUPPORT USC PROGRAMS

DINE on CAMPUS