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

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