Why Eat Slower?

- Helps control weight
- You have time to realize you are full so you’ll eat fewer calories
- You’ll enjoy your food more

Start by choosing one slow eating tip and practice it at every meal. Even just chewing 10 times may be hard at first. Once you have that one down, add another slow eating tip to your mealtime.

Tips to Eat Slower:

- Take small bites by cutting your food into smaller pieces
- Chew each bite completely, about 15-20 times
- Swallow the food in your mouth before taking the next bite
- Take a sip of water or put down your fork between bites
- Think about how the food tastes and feels in your mouth
- Turn off the TV! You may eat more if you’re not paying attention.

Did you know that it takes your brain 20 minutes to realize you are full? Here is why you should eat slow and how you can do it...