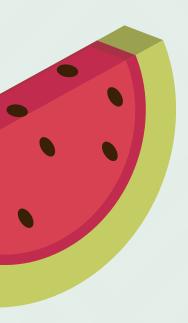
MINDFUL EATING

MINDFUL EATING REFERS TO PAYING ATTENTION TO OUR FOOD, ON PURPOSE, MOMENT BY MOMENT, WITHOUT JUDGMENT. IT IS AN APPROACH TO FOOD THAT FOCUSES ON SENSUAL AWARENESS AND EXPERIENCE. IT CAN HELP US BUILD A BETTER RELATIONSHIP WITH FOOD AND CREATE POSITIVE EATING HABITS.



ONLY EAT WHEN YOU FEEL PHYSICAL HUNGER CUES (RUMBLING TUMMY) EAT WITHOUT DISTURBANCES PREPARE A HEALTHY MEAL UNDERSTAND THE DIFFERENCE BETWEEN WANTS AND NEEDS ENJOY YOUR FOOD



NOTICE THE COLOURS OF YOUR FOODS BRING YOUR AWARENESS TO EACH INDIVIDUAL FLAVOUR NOTICE THE AROMAS OF YOUR FOODS NOTICE THE TEXTURES OF YOUR FOODS NOTICE THE THE TEMPERATURE OF YOUR FOODS







