Mindful eating, or being aware of your hunger and eating to satisfy hunger is a challenge for many people. “Listening” to our hunger and only eating enough to satisfy hunger is not often how we approach meals or snacks. Pay attention to how you feel and put down the fork when you feel full.

Try to eat on smaller dishes, which can help you think you are eating enough food (smaller portions look larger when they “fill up” a small plate!)

Enjoy the time you spend eating. When you are less distracted, you are less likely to overeat. Make it a priority to shut off TV, radio and other electronic distractions during meals. Enjoy the company of family and friends while you eat instead.

Use MyPlate as a guide for planning meals. Make half of your plate vegetables and fruits, and make it affordable by following these tips.

Savor the flavor! Enjoy the taste, aroma, and texture of the foods you eat. This can help you enjoy meals and snacks without overeating.

Share a meal! When you go out to eat, share a main course to save money and calories. Add a vegetable side or salad if half a dish doesn’t seem like enough.

Smart seconds! If you feel like having seconds, make your first choice an extra helping of vegetables or fruits. When they are prepared in a healthy way, they provide lots of nutrients without a lot of extra calories.
Enjoy your food, but eat less

Create Healthy Eating Habits

• Keep to a regular eating schedule
• Eat together as a family most days of the week
• Provide fruits and vegetables for snacks
• Eat before you get too hungry
• Stop eating when you’re full
• Don't eat late at night
• Try a green salad instead of fries
• Ask for salad dressing "on the side"
• Chew slowly to enjoy every bite
• Serve water or low-fat milk at meals
• Pay attention to flavors and textures

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