Are You a Mindful Eater?

Do you think about what you eat when you are eating?

- You may not know that you are eating too much.
- You may not be aware of your eating habits.

Become a mindful eater. It will help you maintain a healthy body weight.

Challenge yourself. 
Try Super Tracker to track what you eat.
Visit ChooseMyPlate.gov

Mindful Tips for Mindless Eaters

- Plate too full at dinner? 
  Switch to a smaller plate to avoid the habit of overeating.
- Drink cup too large? 
  Switch to a slimmer cup to avoid drinking extra calories.
- Around too much junk food? 
  Keep healthier foods at your fingertips, and bring home less junk food from the grocery store.
- Eating straight from the bag? 
  Take out a portion and leave the rest for another day.
- Eating in front of the TV? 
  Try not to - but if you do, think about what you’re eating.

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More Health Tips? visit http://nyc.cce.cornell.edu