Avoid Distractions

Listen to Hunger

Eat Slowly, Enjoy

**MINDFUL EATING PRACTICES**

Unprocessed Food

Options

Leafy

Green Vegetables

Fresh

Fruits Regularly

**WHOLE**

**FOOD CHOICES**

Use

Smaller Plates

Measure Serving

Sizes

Mindful Eating Portions

**PORTION CONTROL TECHNIQUES**

**BALANCED NUTRITION PLATE**

Whole

Grain

Options

Lean

Protein Sources

Include Vegetables Daily

**HEALTHY**

**EATING HABITS**

**HEALTH.**

**Bubble Mind map**