

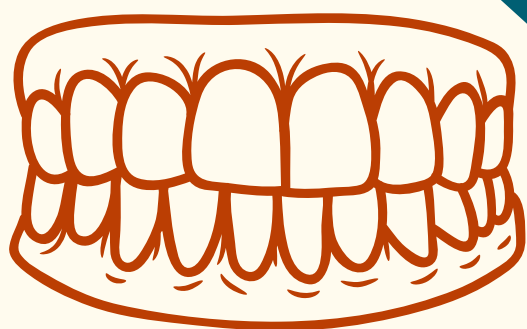
ARE YOUR FOOD HABITS HELPING?

EATING SLOWLY CAN HELP YOU KNOW WHEN YOU'RE FULL

It takes time for your brain to recognize fullness. Eating slowly can help your brain and body stay connected.



CHEWING MORE TELLS YOUR BRAIN YOU'VE EATEN LOTS



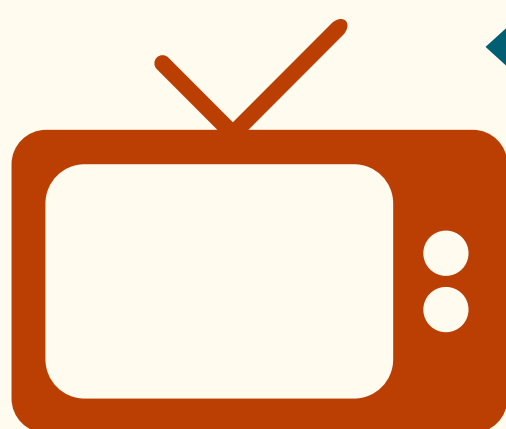
Chewing slows you down, which means you spend longer eating. That can help your brain register food more effectively.

SIT DOWN AND LOOK AT YOUR FOOD

Paying attention to what you're eating can help you feel more satisfied purely because you've engaged more intensely with your food.



GET RID OF DISTRACTIONS



Phones, laptops and TVs pull you away from paying attention to your food. Put screens away and look at what you're doing to feel more satisfaction from your meals.