



SIT DOWN

If you're on your feet, do not eat. Instead of eating on the run, take time to stop and sit down. Your digestion, emotions, and waistline will thank you.



SLOWLY CHEW

It's not a race. Savour the texture, the taste, and anything else that comes into your mind. Relax, and enjoy.



SAVOUR

Research says that the first bite is the most flavourful and rewarding. Often we overeat because the soul hasn't yet been satiated. Imagine reaching that in the first bite!



SIMPLIFY

Make it easy to eat well. Surround yourself with foods that optimize your body and brain.



SMILE

You just did, right? Make yourself smile between every bite. That smile gives you a moment to check in with yourself. Are you satisfied? Do you need more? When you smile, it triggers the feel-good chemicals in your brain.