

Health Tip of the Month

Enjoy your food, but eat less.



Food is meant to be enjoyed!

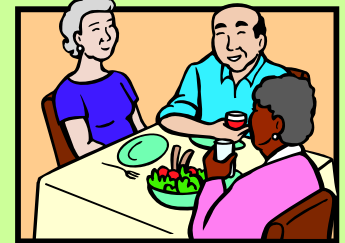
Sometimes we forget this. We can enjoy our food, even if we are eating less.

Mindful eating is the key. When we are aware of what we eat, we can enjoy the experience so much more. People can learn to recognize when they are hungry and when they've had enough.

Start off the new year right!
Make it your resolution to enjoy your food more while eating less.

Make meal-time satisfying!

- Savor the flavor! Take time to fully enjoy your food as you eat. Use all your senses to see, taste, and smell your meal.
- Eating isn't just about food. Share a meal with family and friends and talk about good times.
- Eat slower! Be aware of how much you are eating and when you feel full.
- Pay attention to how much food you pile on your plate. Use the smaller 10 inch dinner plate, and make half your plate fruits and vegetables.
- When eating out, choose a smaller portion, share a dish, or take part of your meal home.



Go to <http://www.ChooseMyPlate.gov> for more information.



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