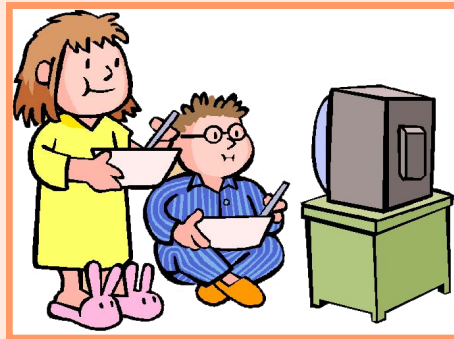


Health Tip of the Month

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.

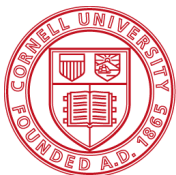
Challenge yourself.

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.



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Cherry Xu, Dietetic Intern
Hunter College 42: 4/14
More Health Tips? visit <http://nyc.cce.cornell.edu>