

EAT MINDFULLY, NOT MINDLESSLY

Overeating during the holiday season means weight gain—and most Americans do not want to do that! Rather than postpone healthy eating habits until New Year's resolutions are made, why not take a healthier approach today? Avoid mindless eating—consuming food just because it is available. And skip eating for emotional comfort during the holidays. Instead, increase your awareness of what is actually on your plate. The key to mindful eating is awareness and paying more attention to exactly what you eat. When you pay attention, you can make small changes that can make a big difference. The **HEALTH MANAGEMENT AND EDUCATION PROGRAM** can help you stay on track with these 7 successful tips to mindful eating:

PAY ATTENTION

Notice your surroundings when you are eating. Are you standing up? Sitting down at the table? Where are your technology gadgets? Paying attention to the food on your plate or who is nearby will allow you to keep track of how much you have eaten.



USE TECHNOLOGY

As we continue to become increasingly distracted by modern technology, our focus on health can fall to the back burner. But it doesn't have to be that way. Download the MyFitnessPal app to track your intake of food to stay on track!



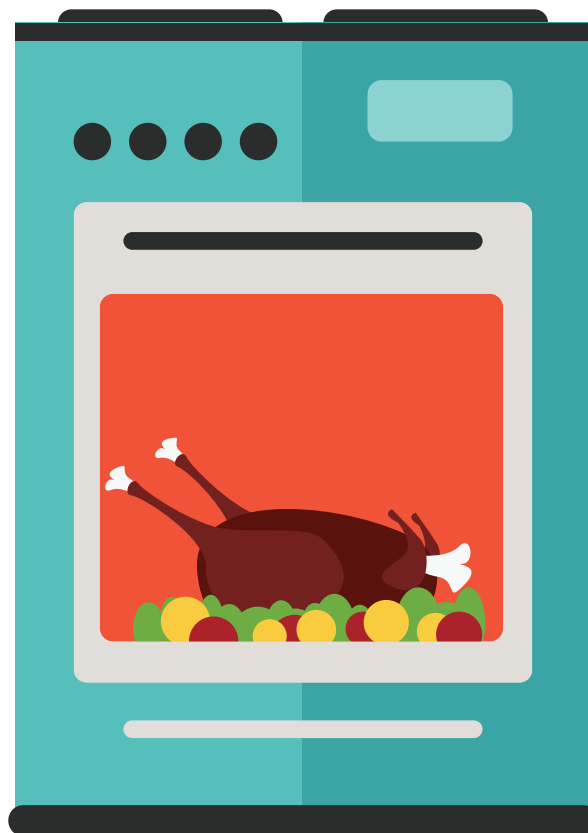
KEEP A FOOD DIARY

Write down everything you eat, look at it, then identify why you ate it – was it hunger, stress, boredom? Then look for areas you can make adjustments and incorporate healthy changes.



CONTROL PORTIONS

Especially during the holidays, know that you'll have more opportunities to eat festive snacks and desserts. To control how much food you are eating, eat smaller portions and less often.



EAT WHEN YOU'RE HUNGRY

Just because the clock says noon doesn't mean you have to eat. If you're not hungry, wait until you are – just don't wait until you're famished because you might overeat. Also, don't eat just because the food is available. Learn more about why you might be eating when not hungry.



PLAN AHEAD

Prepare healthy snacks throughout the day. If you tend to get hungry between meals, bring along a 200-calorie, whole grain, high-fiber snack. Fiber keeps you feeling full longer. Learn how a little planning helps your heart and your budget.



SLOW DOWN

Enjoy each bite and put your fork down while chewing, then take a drink between each bite. This gives your body enough time to trigger your brain that you are satisfied (not necessarily full).

