



# I Pledge To:



## **Eat Mindfully**

be more aware of each bite I take.

## **Pace Not Race**

eat slowly and with intention.

## **When I Eat, Just Eat**

eat without distraction.

## **Calm Without Calories**

find true comfort and soothing without food.

## **Eat Less, Nourish More**

eat foods that nurture my body.