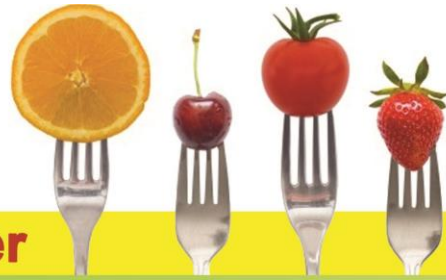


PACE NOT RACE:



Easy Ways To Eat Slower

1

If you want to slow down, try eating with your non-dominant hand (if you are right-handed, eat with your left). Research indicates that you eat 30% less when you eat with your non-dominant hand. It interrupts the automatic hand to mouth flow.

2

Say to yourself at least two adjectives to describe the food you are about to eat. For example, say "cold" and "creamy" before you take a bite of yogurt. This action can insert just the right pause time you need.

3

Sit Down. It sounds simple enough. However, people tend to eat more rapidly when they are standing. Think about snacking while standing over the sink or nibbling from a plate while standing at a party.

4

Stagger your bites with another activity. For example, one bite and then one comment to your dining partner. Or, one bite, one sip of water.

5

Just observe. Notice how quickly or slowly other people eat. Use their pace to help you set your own. Intentionally eat slower or in tandem with another person's bites.

THE PACE MAKER

Use this meter to check in and intentionally set your eating pace.

