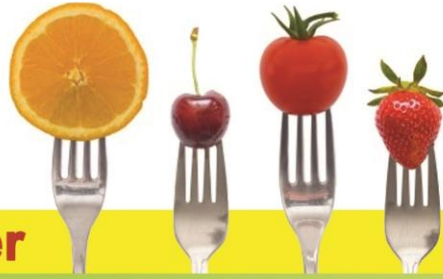


# PACE NOT RACE:



## 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.

