



I Pledge To:

1

Eat Mindfully -
be more aware of
each bite I take.

2

Pace Not Race -
eat slowly and
with intention.

3

**When I Eat,
Just Eat** -
eat without
distraction.

4

**Calm Without
Calories** -
find true comfort
and soothing
without food.

5

**Eat less,
Nourish More** -
eat foods that
nurture my body.