

# BUILDING A MINDFUL PLATE

## Observe

Notice your body (hungry, full, low energy, satisfied, stressed, and so on.)

## Aware

Tasting vs. mindless munching



## In-the-moment

Be fully present. When you eat, just eat.

## Nonjudgmental

Speak mindfully and compassionately. Release rigid food rules.

## Savor

Notice the texture, aroma, and flavor

# Your Food

**Michal Rosen-Zvi**



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