

How to Eat for Health

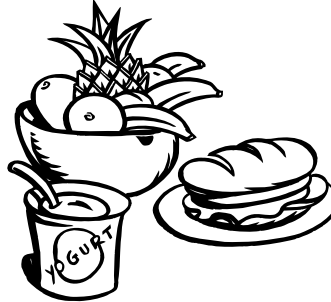
1. Stop eating when you are full.



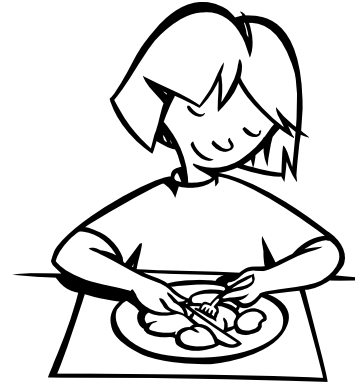
2. Eat when you are hungry throughout the day.



3. Savour your food.



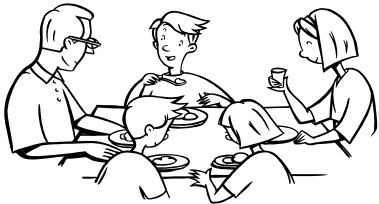
4. Eat slowly with attention.



5. Choose to eat a variety of nutritious foods at every meal. Be sure to eat foods from every food group throughout the day.



6. Eat meals with your family or friends seated comfortably at a table.



7. Choose not to grab whatever is handy to eat. Choose, instead, to make something nutritious.



8. Choose not to eat when you are bored, sad or lonely.



9. Choose not to eat so quickly that you don't notice what you're eating. Choose not to gobble without chewing thoroughly.



10. Choose not to eat while you are walking around, talking, watching TV or are otherwise distracted from your eating.

