**Keys to Conscious Eating**

1. Eat only when my body is hungry

2. Reduce the number of distractions in order to eat in a calm environment

3. Eat when sitting down.

4. Eat when my body and mind are relaxed.

5. Eat and drink the food and beverages my body enjoys.

6. Pay attention to my food while eating.

7. Eat slowly and savor each bite.

8. Stop before my body is “full.”