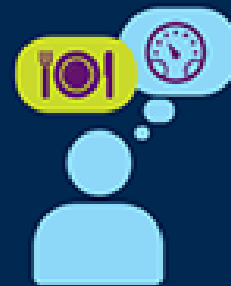


VitaMin

Vital health information in a minute



Stop **mindless** eating. Start **mindful** eating.

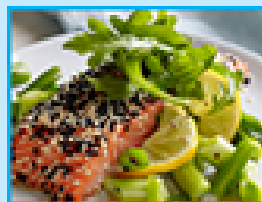
Have you ever munched an entire bag of chips or cookies without realizing how much you ate? Mindless eating happens when you're not paying attention to what you're eating. For example:

- The candy dish at work
- An oversized bag of popcorn at the movies
- A tub of ice cream when you're stressed
- A bag of chips when you're bored

You have the power to turn mindless eating into mindful eating. Take control with these tips:

1. Allow your body to experience true physical hunger before you eat.
2. As you prepare to eat, think about the food as fuel for your body.
3. Be mindful of how food tastes, feels and smells.
4. Pay attention to portion size.
5. Eat slowly, carefully chewing each bite and recognizing when your stomach is full.

Mindful eating means being aware of the food you eat and how your body feels while you eat it.



Practice mindful eating with this recipe for [Sesame Salmon with Green Onions and Lemon](#).

GO YOU.



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