

B Health

Mindful Eating Tips For Beginners

Sit down and eat your food

Try to eat in silence and by yourself to get started with this habit

Ensure your environment is completely free of distractions

Keep your phone out of sight or on silent

Eat in a bowl or small plate

Do not do any kind of activities while having your meals

Take small portions and refill if needed

Chew every bite at least 30 times



A Guide To Conscious Eating

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