

# Slow Down to Eat Well



**Sit down while eating.** Focus on what you are doing and avoid multitasking, whether it's watching television, catching up on work or talking on the phone.

**Chew intentionally.** Make sure you are chewing each bite well enough to the point that you are not struggling to swallow, which is an indication you are moving too quickly.

**Breathe between bites.** Instead of “inhaling” your food, take your time and give yourself breaks while you are eating.