

## “How To” Chewing Guide

To get in the habit of chewing, try chewing of each bite of food at the beginning of your next meal 30 times. (Putting your fork down and breathing between bites will help.)

Even if you only have 5 minutes for a meal instead of 20, let the chewing relax you and use it almost as a quick meditation. That way you'll enjoy the whole spectrum of tastes and aromas that make up the meal, trigger cephalic phase digestion, and your body will be satisfied even with a quickie.

### Chewing Suggestions

#### Before Meal

- Wash hands
- Close computer and turn off smartphone or tablet
- Light a candle or play music you like
- Do an EBT check-in
- Give gratitude to your body for digesting this meal
- Set your timer for 20 minutes (or for as much time as you have)

#### During Meal

- Breathe
- Take a bite of food
- Put utensil down
- Chew slowly (you can practice counting 30 chews)
- Swallow
- Breathe
- Pick up utensil and take another bite
- Put utensil down
- Chew slowly (you can practice counting 30 chews)
- Swallow
- Breathe
- Repeat until 80% full (aiming for energized, not full)

#### After Meal

- Share what you appreciated about your meal (even if you're dining alone)
- Clear dishes and rinse
- Talk a walk by yourself, with a pet or a loved one