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.