1 Prayerfully express your gratitude throughout the meal. Enter into this time of nourishment with openness and thanksgiving.

2 Pause before beginning the meal. Ask yourself, “Am I hungry?” Look at each item of food, taking it in with your eyes. Notice colors, textures, shapes, and arrangement on the plate.

3 Take a moment to say grace. Thank the animals, plants, and people who provided and prepared the gift of this food.

4 Begin the meal by pausing to inhale the aroma of the food. Imagine that you are being nourished by just the smell.

Adapted from Mindful Eating by Jan Chozen Bays, M.D.