Mindful eating is shown to have a positive impact on becoming more aware of physical hunger and satiety clues, as well as psychological health.

**BE AWARE**

- Never eat directly from a package (such as a big bag of chips or a carton of ice cream) - always portion food out onto a dish.

- Be aware of the influence of sizes and shapes of containers. Studies show we will eat over 30% more if we are eating out of a large container. Stick with smaller containers - this includes plates, bowls, and glasses.