



Children's National™

Be Mindful When You Eat

It takes our brain at least 20 minutes to receive the message of fullness from our stomach.

TIPS for slowing down and feeling full when eating:

- ◇ Drink a large glass of water, at least 8-12oz before your meal.
- ◇ Eat all of the non-starchy vegetables (carrots, cucumbers, broccoli, snap peas, cauliflower, tomatoes, greens) first before other items at meal time.
- ◇ Put down your utensil between bites.
- ◇ Chew thoroughly and swallow each bite before taking another. Make sure nothing is left in your mouth before taking the next bite.
- ◇ Turn off the television or other screens when eating. It can be distracting and makes it harder for the brain to receive the message of fullness.
- ◇ Before getting more food think **"Am I actually hungry or am I just used to getting more?"**
- ◇ If you are still hungry, have more of the plain, non-starchy vegetables, fruit, and or water.

*Peas, beans (black, kidney, navy, not green beans), corn, and potatoes are starchy vegetables and are a part of the grain group.