



Tips for Slowing Down Eating

- ◆ Sit down for all meals. Take that time to enjoy the meal and focus on eating.
- ◆ Cut more dense foods into smaller pieces.
- ◆ Chew foods thoroughly. You want to be sure there are no chunks/lumps before swallowing. Aim for about 20-25 chews per bite of food.
- ◆ Put utensils down between bites.
- ◆ Keep serving bowls and platters off the kitchen table.
- ◆ Use utensils when eating. Try not to choose foods that are easily eaten with your fingers.
- ◆ Use small plates and utensils to keep portions small and encourage small bites.
- ◆ Use your non-dominant hand to eat. This will be awkward and encourage slower eating.
- ◆ Divide the food on your plate into 2 halves and eat one of the halves. Before starting the other half, think about if you are satisfied.
- ◆ Control your eating environment by removing distractions like television and computer.
- ◆ Try using chopsticks to eat. This will make your bites smaller and will be awkward if you are not used to eating with them, encouraging slower eating.