



Nutrition Counseling Services LLC

Take Time to Eat Challenge

Purpose Statement: The purpose of this challenge is to slow down your speed of eating. It takes 15-20 minutes for you to feel full when eating. When we eat fast (e.g. eating your entire meal in 10 minutes), we often overeat which can lead to unwanted pounds.

Challenge Steps:

- A. Using the chart below, time and record your pace of eating at each meal for one day.

Meal	Time
Breakfast	
Lunch	
Dinner	

- B. Download and Review the **Tips for Slowing Down Eating** handout.
- C. Practice the recommended tips for slower eating. Time and record your pace of eating on the chart below.

Meal	Time
Breakfast	
Lunch	
Dinner	

- D. Optional Activity for iPhone Users:
Download the free app **Eat Slowly**. For more information, visit the app store or <https://itunes.apple.com/au/app/eatslowly/id659029209?mt=8>

Use the **Eat Slowly** app to slow your pace of eating. Did you find the app

helpful? _____

What did you learn about yourself and what changes do you need to make to your speed of eating?

Return this sheet by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____