



6 simple habits for eating mindfully

Mindful eating is not about eating perfectly. It's about slowing down, enjoying food, listening to your body, and connecting with the people around you.

1

Eat together when you can

Sit together when you can and make meals a screen-free time to connect.

2

Pause and notice

Before eating, pause to notice the colours, smells and effort behind the meal.

3

Savour the first bite

Encourage your child to slow down and notice the taste, texture and smell of each bite.

4

Slow the pace

Try small bites, chewing well and putting utensils down between mouthfuls.

5

Listen to your body

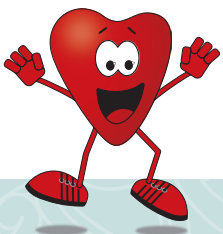
Help children check in with hunger and fullness as they eat.

Ask: "Is your tummy still hungry, or comfortably full?"

6

Start with a small serve

Offer a small serve first, with more available if they are still hungry.



For more information visit heartfoundation.org.nz

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