MINDFUL EATING

#thrive

Take it SLOW!

Take smaller bites

set the fork down between bites

take a breath

eat with your non-dominant hand

share a meal with family

CLOSE YOUR EYES

Savor!

eat on a plate

IGNORE health claims

10"

VEGGIES

BEANS & GRAINS

PROTEIN

Peanuts

COLOR ME IN!

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

San Diego, CA

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