

Mindful Eating: The First 3 Bites

A simple way to slow down and connect with your meal.

The Three-Bite Method

1 Bite One — Notice

Take your first bite slowly. Notice the flavor, texture, and temperature.

2 Bite Two — Pause

Put your utensil down. Take a breath. Let your body catch up with your mind.

3 Bite Three — Enjoy

Taste fully. Savor it. Let this bite set the pace for the rest of the meal.

Why This Works

- reduces overeating
- boosts enjoyment
- activates fullness cues sooner
- shifts you out of autopilot
- creates a calmer relationship with food

“You don’t need to eat slowly the whole meal. Just begin with presence — the rest follows naturally.”

MIND TREKS