



Sport Science Symposium Breakout – Mindful eating

Sport Nutrition Team

Singapore Sport Institute

7 November 2018



Mindfulness = Presence + Curiosity - Judgement



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CRAVINGS

NOM NOM



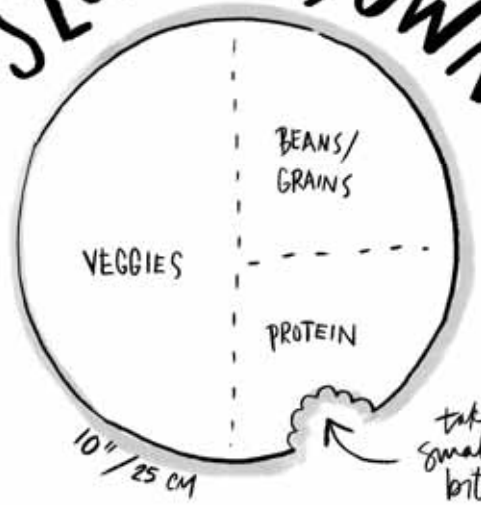
MINDFUL EATING



aka:

SLOW THE HELL DOWN

put the fork **DOWN** between bites.



CLOSE YOUR EYES...
Savour
Mmmmmmmmmmm...

EAT WITH YOUR **NON-DOMINANT HAND**

IGNORE HEALTH CLAIMS
FAT FREE!
LOW CHOLESTEROL & STUFF
FLAVOUR & BULLSHIT

focus on **TASTE!!!**

CHEW MORE
LIKE 25X

FROM:
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+ Rice Edgy

NOM NOM

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Scan to download our 'Guide to Mindful Eating'

