

GUIDELINES FOR HEALTHY EATING

1. Chew your food until it is an even consistency before swallowing.
2. Do not eat while being distracted by television, excessive conversation, or reading.
3. Do not drink cold drinks just prior to eating.
4. Do not drink large quantities of liquid during meals.
5. During meals it is best to sip only a little water or wine.
6. Eat only food prepared with love.
7. Make eating a sacred ritual. Take a moment to relax and say grace.
8. Following your meal take a moment to let your food digest before going on to the next activity.
9. Eat at a moderate pace until you are $\frac{3}{4}$ full.
10. Allow 3 hours between meals to allow your food to digest.
11. It is best to eat your largest meal at noon when digestion is the strongest. The evening meal should be lighter.