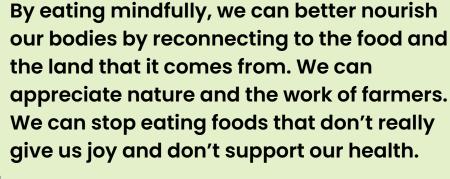# Food Right
Grow Strong. Live Long. Cook.

Mindful Chefs!

Experience Food Mindfully

In today's busy world we often eat, rushed without any thought to the food—where it came from or how it is affecting our bodies. Food is all around us and we often mindlessly eat it without considering whether we really want or need it.

Eating mindfully is the opposite of that. It requires that we pay full attention to our food as we eat it. We pay attention to the colors, textures, flavors, temperatures and even sounds (crunch!) of our food as we eat them. We pay attention to the experience of the body as we eat.

By eating mindfully, we can better nourish our bodies by reconnecting to the food and the land that it comes from. We can appreciate nature and the work of farmers. We can stop eating foods that don't really give us joy and don't support our health.

For a healthier life and to enjoy the foods you eat, become a mindful eater. Each time you eat follow these tips, at least for the first bite:

- **Eat Slower—this doesn't have to be extreme but don't race through the meal**
- **Eat in Silence—this helps you to focus on the eating experience**
- **Don't multi-task-turn off the phone and TV. Don't eat in your car on the go.**
- **Pay attention to your senses and describe the food as you eat. Remember food is more than flavor, it is texture, smell and appearance.**
- **Think about your food. Who grew it? Where did it come from?**

Try this recipe! Click here:

Yachaejeon