

Enjoy your Meal Experience

How you eat can be just as important as what you eat. There are many benefits when you take the time to enjoy your meal experience. Here are some tips to help create a positive, healthy eating environment to get the most out of your mealtimes.



Avoid Distractions

Make your meal the focus of your attention. Turn off your devices! TVs, phones, computers and even toys are distracting. Eating in a quiet, comfortable place encourages mindful eating. Mindful eating, means paying attention to the eating experience with all of your senses (seeing, tasting, hearing, smelling, and feeling). It also means being aware of how you feel while eating without judging yourself. The focus is more on how to eat, and less on what to eat. This allows food and the mealtime to be fully enjoyed.



Slow Down!

When we are short on time, mealtimes can often be missed or skipped. No matter how busy life gets, it is important to **slow down** to make time for meals. Mealtimes can be a time to relax during a busy day and to be with others, even if it is for a short time each day. Make meals a priority by scheduling time to eat into your day.

Eat Together

The tradition of eating together helps us share more than just food. You can eat with others anywhere- at home, or away at work, school or play. Mealtimes are one way for people to “check in”, share experiences, build healthy and supportive relationships and encourage a sense of belonging, culture and shared values. Add some fun and engaging table-talk to your meal. Try using these [Conversation Cards!](#)



For more tips on healthy eating see healthyeatingstartshere.ca

Make a Change: One Meal at a Time