Mindful Eating

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Let's go into greater depth into how we should be eating these foods and the concept of mindful eating. Mindful eating is really consuming foods and being in the moment when you're consuming these foods. This concept really helps reinforce the idea of thinking about foods in terms of taking the time to really savour the food, thinking about the texture when it's in your mouth, taking pauses in between your bites.

Also this concept can be applied when it comes to going to the grocery store for example. So really take the time to think about which food you would like to purchase. This can help to make healthier choices but purchase healthier choices. This way you can make sure that you have healthy food ready to go in your fridge ready for you to consume.

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