Snack Mindfully, Enjoy the Moment!

Snacking is part of everyday living. It can provide fuel for energy or a boost to jump-start your day. It can also simply be a treat. These days, though, there is so much focus on what people are eating, and not enough on WHY and HOW to fully enjoy a snack.

Mindful snacking is an approach that encourages you to eat with attention and to be present in the moment.

**Experts say mindful snacking leads to:**

- A positive relationship with food
- More satisfying snacking moments
- Being less likely to overeat

**First, it is important to understand WHY you want a snack.**

Do you need **FUEL, ENERGY FOR A PICK-ME-UP** or **COMFORT**?

This will help you choose what to eat for a more satisfying snacking experience.

Are you looking for something **SWEET** or **SAVORY**, **CREAMY** or **CRUNCHY**, **HOT** or **COLD**, **SOFT** or **CRISPY**?

**Then, be in the moment. Here’s HOW:**

- **PORTION OUT YOUR SNACK** and put the rest away; or choose single, pre-wrapped servings of snack foods
- **MINIMIZE DISTRACTIONS** (phone, TV, computer)
- **SMELL AND TASTE** each bite fully

**CHEW SLOWLY** and give each bite your full attention

**NOTICE** the texture

**FINISH** your bite before you take the next

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Mondelēz International commissioned Dr. Albers as a consultant to create this work.

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