**Title: Zen Master at the Dinner Table**

**Description: Practice mindful eating and find health and enjoyment, young grasshopper**

Today, challenge yourself to eat mindfully. Choose one meal or snack to practice some of the techniques mentioned in today’s article. Use the timer here [X] to spend 5 minutes eating silently, paying attention to the taste, texture, and aroma of your food. Put away your distractions. That means both the external (e.g., tv, magazines, tablet) and internal (e.g., thoughts and worries). Pay attention on purpose. Once you’ve completed 5 minutes of eating mindfully, and before you go back to those distractions, take a moment to notice how you feel. How did your food taste? How full or hungry do you feel? What was difficult about the challenge? What was easy? If you’d like, make a note of your observations here [X]. Is this a practice you’d like to incorporate into your life?