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.

**EXPERTS SAY MINDFUL SNACKING LEADS TO:**

- A positive relationship with food 1, 2
- More satisfying snacking moments 3
- Being less likely to overeat 4, 5

**1. FIRST, IT IS IMPORTANT TO UNDERSTAND WHY YOU WANT A SNACK.**

Do you need fuel, energy for a pick-me-up or comfort?

**2. THIS WILL HELP YOU CHOOSE WHAT TO EAT FOR A MORE SATISFYING SNACKING EXPERIENCE.**

Are you looking for something sweet or savoury, creamy or crunchy, hot or cold, soft or crispy?

**3. 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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This guide was created by Dr. Susan Albers, Psy.D., clinical psychologist and mindful eating expert. She is a New York Times best-selling author of seven books on mindful eating. She also conducts mindful eating workshops. Mondelēz International commissioned Dr. Albers as a consultant to create this work.