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.

EXPERTS SAY MINDFUL SNACKING LEADS TO:

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