

Engage Your Senses

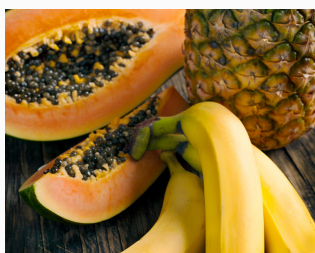
with African Diaspora Fruits



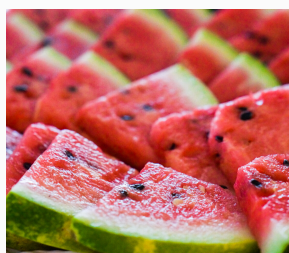
A key part of mindful eating is engaging our senses. We invite you to pause and take a moment from your day to explore the visual appearance, smell, taste, texture, and sound of your food. One of the easiest ways to practice mindful eating is with fruits, which are beautiful, flavorful, and healthy. Below are fruits that are enjoyed in the US, Jamaica, and other countries throughout the African Diaspora.



Fresh Berries



Tropical Fruit



Watermelon



Mixed Fruit



The fresh fruits above are rich in vitamins and minerals which are good for your health. The American Diabetes Association (ADA) recommends a 1/2 cup of fruit on your plate.

Steps to Practice Mindful Eating:

1: Sight

With your full attention, observe the food's visual appearance.

2: Smell

Bring it to your nose and smell.

3: Taste

Place it on your tongue and explore the flavors.

4: Texture

What does the food feel like in your mouth?

5: Sound

What sound does it make as you chew?