

Body Intelligence Techniques (BITS)

- Include all six tastes at every meal.
- Eat in a quiet, settled, comfortable environment.
- Eat only when you feel hungry.
- Do not eat when you are upset.
- Always sit down to eat.
- Reduce ice-cold food and beverages.
- Eat at a comfortable pace; stay conscious.
- Include all colors of the rainbow at each meal.
- Digest previous meal before starting the next.
- Don't overeat; leave 1/3 to 1/4 of stomach empty.
- Eat freshly prepared meals.
- Sit quietly for a few minutes after meal while focusing attention on body, then take a short walk.