

The Eating Guidelines:

Seven Steps to Freedom with Food

- 1 Eat when you are hungry.
- 2 Eat sitting down in a calm environment. This does not include the car.
- 3 Eat without distractions. Distractions include radio, television, newspapers, books, intense or anxiety producing conversations and music.
- 4 Eat what your body wants.
- 5 Eat until you are satisfied.
- 6 Eat (with the intention of being) in full view of others.
- 7 Eat with enjoyment, gusto and pleasure.

-Geneen Roth