



## 10 Mindful EATING QUOTES

- 1 One cannot think well, love well, sleep well, if one has not dined well -Virginia Woolf
- 2 Tell me what you eat, and I will tell you who you are. -Brillat-Savarin
- 3 Let food be thy medicine, thy medicine shall be thy food.- Hippocrates
- 4 Part of the secret of success in life is to eat what you like and let the food fight it out inside.-Mark Twain
- 5 Better to eat a dry crust of bread with peace of mind than have a banquet in a house full of trouble-Proverbs
- 6 The more you eat, the less flavor; the less you eat, the more flavor. -Chinese Proverb
- 7 The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit. -St Frances de Sales
- 8 The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease. - Thomas A Edison
- 9 One should eat to live, not live to eat -Benjamin Franklin
- 10 When walking, walk. When eating, eat. - Zen Proverb

DR. SUSAN ALBERS

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