Tips To Eat Until 80% Full

Take note of where you are on the hunger scale before you start eating

Take a deep belly breathe, practice gratitude

Use a smaller plate or plate less food than you think you need
If eating out purchase a smaller size

Practice eating mindfully, slow down, use your senses

When you are ½ way through your plate take another breathe and check in with yourself, continue to check in more often

When you think you have reached satisfied, put away leftovers, get up from table, take another breathe to check in

Do something physical, If you can do it with comfort you likely ate until satisfied