RULES OF EATING

* One should eat alone or in friendly environment.
* While eating keep negative mental factors (anger, jealousy, fear, greed etc.) away.
* Half of the stomach should be filled with solid food, one quarter by liquids and remaining quarter should be empty for air etc.
* Ideal pattern is to drink water in between taking of meals. However obese should take before meal, lean should take after food.

**DOs**

✓ The food should be tasty & easy to digest.
✓ It should be eaten in proper amount.
✓ Food should be warm and unctuous.
✓ Only fresh food should be eaten.
✓ It should include all the six tastes (sweet, sour, salt, astringent, bitter, pungent).
✓ It is best to enjoy food while eating.
✓ One should eat comfortably in sitting posture in pleasant surroundings.
✓ One should take meals only when previous meal is digested.
✓ Ayurveda has intensively mentioned the property of food items, methods of preparation and their usage in health & diseases.

**Don'ts**

✗ Eating should not be in a hurry
✗ It should not be very slow either
✗ One should not talk or laugh while eating
✗ Too much of any one of the six tastes should be avoided
✗ Food articles having contradictory properties like milk-fish together should not be taken