
MINDFUL EATING 101



We live in a fast-paced society that normalizes very busy and distracted lifestyles. At any given moment, we're likely balancing work, family, and social obligations, while running through a growing to-do list in our heads. As a result, we often participate in rushed, mindless eating occasions, which tend to lead to overeating and less enjoyment of the food we're consuming.

What is mindful eating?

What is mindful eating? Mindful eating is the practice of complete awareness before, during, and after an eating occasion. This allows an individual to eat in response to physical hunger cues, while enhancing enjoyment of the entire eating experience.

TIPS FOR MINDFUL EATING:



Before and after eating, gauge your hunger from 1-10 (starving, slightly hungry, satisfied, stuffed, bloated, etc.). How do you most often feel before and after meals?

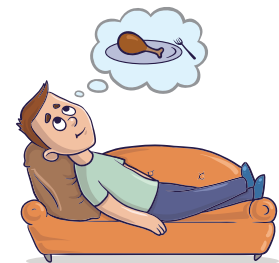
Take a few minutes before taking your first bite of food to observe the sensory details of your meal or snack: color, smell, plate coverage, and temperature. Did you observe something about this food you haven't noticed before?



Try putting your fork down in between bites to avoid the urge to consume another bite before finishing your first. Take note of the taste and texture of the food and how these variables change with each bite.



Remove as many distractions as possible from your eating experience: phones, television screens, tablets, or books. Try making it through your meal without these things.



Take note of your response to food (like, dislike, unsure) and what about the food is making you feel a certain way. Use this knowledge to decide if you'll try the food again and in what way.