

MINDFUL Eating

Mindful eating is about being more thoughtful about what you eat and why. In a world full of distractions, focusing on what you're eating can make a difference by acknowledging when you are full, thinking about portion sizes, and stopping mindless eating. While mindful eating may seem like an odd approach, mindfulness has been shown to have significant effects on:



Lowering caloric
intake



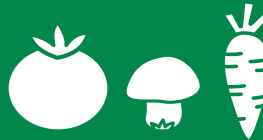
Differentiating between
emotional hunger and
physical hunger



Increasing awareness
of hunger and
fullness cues



Reducing anxiety
related to food
and eating



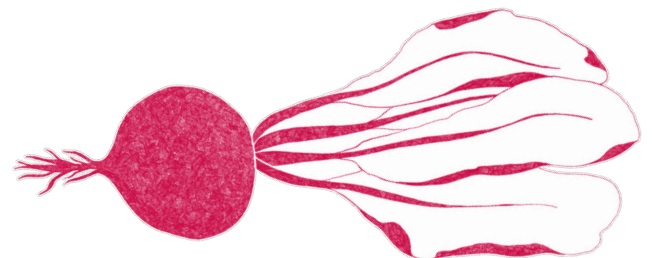
Choosing healthier,
more diverse
food options



Improving blood
sugar control

Next time you are getting ready to have a meal try eating mindfully by:

1. Before eating, ask if you are hungry?
2. When eating, sit down without distractions to engage in your meal.
3. Eat slowly and take small bites, spending at least 20 minutes to finish your meal.
4. Enjoy your food.
5. When done, ask if you are satisfied?



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Thinking about your behaviors while eating, what are some habits you do that are not promoting mindful eating? How can you modify the habit to be more present and help you focus on your hunger and food?

EXAMPLE:

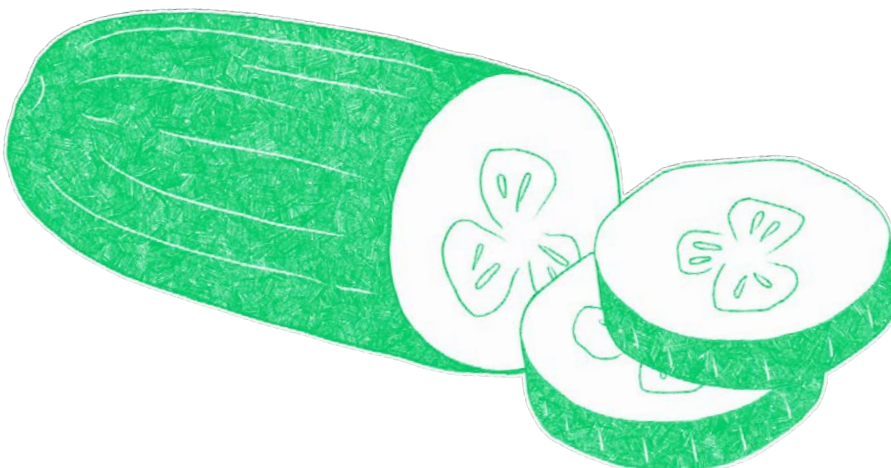
Watching TV while eating dinner → Eating dinner at a table with my family, without any electronics being on.

Eating chips out of the bag → Deliberately placing one serving of chips in a bowl.

_____	→	_____
_____	→	_____
_____	→	_____

Here are some other ways to incorporate mindful eating:

- Always eat at a table
- Do not eat in front of the TV
- Do not snack while you're driving
- Do not keep food, like candy, out on counters that are easy to grab as you walk by



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