WHAT IS MINDFUL EATING AND HOW DO I DO IT?

MINDLESS EATING VS. MINDFUL EATING

<table>
<thead>
<tr>
<th>Mindless Eating</th>
<th>Mindful Eating</th>
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<tbody>
<tr>
<td>1) Eating past full and ignoring your hunger cues</td>
<td>1) Listening to your body and stopping when you feel full</td>
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<td>2) Eating when we feel emotional (sad, bored, stressed, lonely)</td>
<td>2) Eating when your body is hungry (stomach growling, low energy)</td>
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<td>3) Eating alone, eating odd times and places</td>
<td>3) Eating with others, at set times and places</td>
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<td>4) Eating foods that make us feel better</td>
<td>4) Eating foods that make our bodies feel good</td>
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<td>5) When eating, doing multiple things at once (watching TV, working, on your phone)</td>
<td>5) When eating, not doing anything else</td>
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</tbody>
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HOW DO I EAT MINDFULLY?

Create a Mindful Setting
- Instead of eating out of a bag, put food on a plate or in a bowl
- Listen to relaxing music
- Sit down at a table
- Turn off the TV or put your phone down
- Eat with your friends and family

Enjoy the Experience of Eating
- Take small bites of food
- Enjoy each bite of food by noticing how it tastes and smells and pay attention to the texture in your mouth
- Eat slowly and chew your food at least 20 times before swallowing it
- Put your fork down between bites of food
- Take a breath between bites of food
- Accept your body and the food you are eating instead of being judgmental

Nourish Your Body and Notice How You Feel
- Drink water while eating
- Drink a full glass of water after eating the food on your plate and wait 10-15 minutes before getting another serving
- Notice how your body and mind feel after eating mindfully