

WHAT IS MINDFUL EATING AND HOW DO I DO IT?

MINDLESS EATING VS. MINDFUL EATING

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

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

