



MINDFUL EATING



Mindful Eating Tips

We have the power to mindfully choose how and what we fuel our bodies with. However, it can be hard to decide what to eat, when to eat and how much to eat, especially with all of the “dieting” advice out there in the world.

Mindful eating is the process by which you intentionally make yourself aware of your thoughts, feelings and actions while eating. Eating mindfully may help you understand and listen to your internal hunger cues, improve your overall eating experience and reduce stress eating. Whenever you’re eating or thinking about eating, stop and ask yourself these questions:

1

WHY are you eating?

4

WHAT are you eating?

2

WHEN do you want to eat?

5

WHERE do you eat?

3

HOW much are you eating?

The answers to these questions can help you begin to understand why you make certain food choices, and identify any patterns or reasons behind the times when you eat despite not being hungry.

The biggest change you will notice when mindfully eating is the time it takes to complete a meal. That means slowing down. Take your time to chew, to savor, to experience. You’ll want to remain present in the moment with your food without distractions. Take note of your senses and how they react to your food. Put your fork down and tune in. Are you full, or do you genuinely need more food? Remember, it takes time for the brain to register that your stomach is satisfied! Of even greater importance when eating mindfully is to remove any feeling of judgment about the food in front of you. Become the observer, and develop a healthier relationship with your meals.

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