

Mindful Eating

What is mindfulness?

- Mindfulness is being fully aware of your thoughts and feelings as they happen. It is also being aware of what is around you at each moment.
- You can practice mindfulness in many parts of your life, including while you eat.



What is mindful eating?

- Mindful eating is when you apply mindfulness to why, when, where, what, and how you eat. It helps you become aware of your feelings related to eating.

What are the benefits of mindful eating?

- Mindful eating will help you connect more to what your body is feeling about food, and may help prevent you from eating too much or too little. It may also help you enjoy your food more.

Tips for Mindful Eating:

- **Pay attention to your body.** Notice your hunger and fullness cues to guide you to start and stop eating. Ask yourself: *"Am I truly hungry?"* before you reach for food.
- **Notice your reaction to food.** What do you like? What don't you like? Don't judge your reactions to different foods.
- **Savor your food.** Notice the colors, smells, textures and flavors of your food.
- **Be aware while eating. Some questions to ask yourself are:**
 - *"Am I eating fast or slowly?"*
 - *"Am I mindlessly snacking or paying attention to each bite?"*
 - *"Am I bored, stressed, sad, angry?"*
- **Get started with mindful eating** by eating one meal a day in a slower, more aware manner.
- **Focus on eating.** Avoid doing other things while you eat, such as watching tv, reading, or working.
- **Slow down your eating.** Try eating in silence for 5 minutes. Think about what it took to make that meal—from the produce grown to the how the meal was cooked.

Talk with a CHN Nutritionist if you have questions!