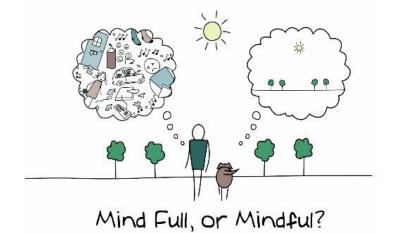


Mindful Eating

For most of us, eating has been second nature since birth. Breakfast, lunch, snacks, dinner, and dessert pass each day without so much as more than a peek in the fridge or a glance over a menu. Often times we eat while we are doing other things: watching TV, on our phones/tablets, during events and social occasions, and even though it is not the safe, while driving. This multi-tasking may not be as helpful as it seems. Think back to a time when you have unwittingly eaten more than you meant to; a whole bag of chips, a large restaurant portioned meal, or maybe you just felt too full after a meal.





The practice of mindfulness is to be fully present and aware of the moment you are experiencing. Mindful eating involves concentrating on the process of eating and enjoying the sensations of food, so we become aware of our body's hunger and satiety cues. It promotes a healthy relationship with food. Individuals who practice mindful eating are reported to feel happier with their food choices and are associated less with unhealthy eating behaviors. Mindful eating also helps us make long-term improvements in our health. In a study that examined chronic dieting, it was found that group members learning about an intuitive eating model were able to make long-term improvements, while the dieting group members lost weight initially, but regained it later on. Mindful eating can also promote psychological benefits, too. It encourages a nonjudgmental attitude towards food choices.





(See back for more tips to promote mindful eating.)

