

Mindful eating is eating with intention while paying attention.

- Kati Konersman RD, CDE



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.



Mind Full, or Mindful?

1. Choose a piece of food.

Try something like a nut, slice of apple or even a piece of chocolate.

2. Look at the food.

Check out the shape, colour and texture.

3. Smell the food.

Take in the aroma + notice how it affects you.

4. Taste the food.

Place it on your tongue. Notice the response of your salivary glands.

5. Bite the food.

Don't eat it one mouthful. Notice the chewing sounds + texture on your tongue.

6. Chew the food.

Notice the texture changing as you chew it.

7. Swallow the food.

Actually take time to notice the sensation of the food as it travels down your throat to your stomach.

8. Say the name of the food.

Yep, say it out loud. Acknowledge it. Be grateful.

9. Practice a mindful bite once at every meal.

Set the tone for your meal by turning on your mindfulness with this simple exercise.

mindful
eating
exercise



ZOMT

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 non-judgmental attitude towards food choices.



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

mindful eating



Here are a few tips you can try at home:

1

Always try to sit down at a table to eat.



2

Before you sit, clear any clutter that may be on the table.

3

Set a place for yourself, even if you are eating alone.



4

Use tableware and utensils that appeal to you.

5

Take a moment to adjust the lighting so it feels pleasant to you.



6

Consider playing some soft, relaxing music while you eat.

7

Try to minimize multitasking while eating.

