

Health Tip

Mindful Eating

Mindfulness is the practice of paying attention, deliberately and non-judgmentally. With practice, mindfulness may cultivate the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting. This practice can be applied to any area of your life; applying these principles to eating may allow for an improved relationship with food.

Mindful Eating helps remove judgment surrounding your food choices, encouraging for individuality within your choices. Bringing awareness to the here and now can allow for presence and attention to the eating experience and to your hunger and satiety cues. In this process, **YOU** are the expert, making choices from a place of inner guidance vs. external cues. Mindfulness may help you move from unconscious, reactive behaviors to awareness, which can be the first step in making a positive change.



Mindful eating

encourages questions:

- why do I eat?
- when do I eat?
- what do I eat?
- how do I eat?
- how much do I eat?
- where do I eat?

Mindful eating tips:

- Purchasing single portion foods
- Eating on smaller plates
- Awareness of triggers
- Placing unhealthy foods out of sight

Creating a **personal hunger scale**

ranging from 0 (the most hungry) to 10 (the least hungry) and becoming aware of what a 0 feels like physically when you're extremely hungry and what a 10 feels like may provide you with valuable information to guide the eating process.

Mindfulness techniques



Taking smaller bites



Putting down your utensils in between bites



Setting a timer for 20 minutes to slow down the eating process



Treating the meal as a self-care ritual



Research supports mindful eating interventions for binge eating, emotional eating, and for diabetes management.¹



Mindful eating is an art and skill which may become easier and more natural the more it is practiced. Having patience and compassion is key.

¹ Today's Dietitian: *Mindful Eating—Studies Show This Concept Can Help Clients Lose Weight and Better Manage Chronic Disease*; Vol. 15 No. 3; <https://www.todaysdietitian.com/newarchives/030413p42.shtml>; accessed 3/6/2019.

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