

A GUIDE TO MINDFUL EATING

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What is Mindful Eating?

Mindful eating is learning to pay attention to your emotions before, during and after eating. Through mindful eating you can respect your inner wisdom and rely on your senses to select satisfying and nourishing food for you and your body.

Why Mindful Eating?

Mindful eating has been proven to provide a whole host of health benefits including a more stable body weight, the ability to listen to physical cues of hunger and fullness, a healthier brain, and GI tract. Mindful eating has also been known to increase gratitude.

5 steps to Mindful Eating

- 1) Prior to engaging with your food, **OBSERVE** how your body feels. Pay attention to your body's cues.
- 2) When it comes to time to eat, make sure that you are **FULLY PRESENT**. Remove distractions, for example if you are watching TV or listening to music, turn them off so that you may tune into the meal. Sit down and **FOCUS** on simply eating.
- 3) **SAVOR** every mouth full and bring your awareness to the food's texture, flavor and consistency.
- 4) Demonstrate **COMPASSION** for yourself and notice the feelings you experience when you eat.
- 5) Bring **AWARENESS** into your practice so that you may truly **TASTE** and experience the food.

Tips for getting started with mindful Eating

- Once a day, aim to eat away from distractions.
- Slow down when eating, chew slowly and be present with your food and surrounding.
- Engage in a mini-meditation prior to meals, bringing attention to the foods you are going to consume. Prior to each meal take a deep breath and focus on food. Take time to notice the smell of the food & take inventory of its shape, color, texture, and feel inside your mouth.
- Experience the taste of the food for as long as possible.
- Keep a food journal to track progress toward becoming a more mindful & healthy eater

