

# MINDFUL EATING

Mindful eating is studied to be the maintenance of awareness regarding food and drink which is consumed. The observations regarding the taste of food and the sensations may induce certain chemicals in the body which relates to satisfaction, fullness also. Furthermore, it has been studied that being mindful while eating the respective food can help in promoting better digestion, where wiser choices can be made regarding the type one eats in the future. It significantly helps in freeing oneself from unhealthy habits regarding the consumption of food.

## Impact of food choices

A significant amount of impact has been studied in the vegetables which are recommended for their health-promoting properties. Thus, the concentrations which are studied to be included in the vegetables are heavy concentrations of vitamins C and A, electrolytes, and phytochemicals as well. Through the TDF method, the short-chain oligosaccharides were seen to be developed and further were accepted for quantitating the compounds as well.



## Benefits of increasing the intake of vegetables



The soluble fibres due to intake of vegetables in the diet are seen to have major benefits on the serum lipids as well as insoluble fibres which were seen to be linked with laxation benefits as well. Thus, the soluble fibres are studied to lower cholesterol and insoluble are seen to increase stool weight. Further research has also indicated that terms like viscosity and fermentability are seen to be important characteristics for the physiological benefits of fibre.

## Strategy to increase consumption of vegetables

The following strategies can be effectively used in order to increase the consumption of vegetables in the diet. The strategies are as follows,

- Starting with slipping in the vegetables in favourite dishes can help in making the habit of consuming the vegetables in some or other way.
- Making the particular meal vegetable-centred like spaghetti squash and spinach quiche can be used for incorporating it in regular diet easily.
- Making vegetables as a form of go-to snacks can make the habit of munching vegetables and also can be included in the diet indirectly.

