

Mindful Eating

Mindfulness is the practice of paying attention to the present moment – intentionally and non-judgmentally noting your thoughts, emotions, sensations, experiences, and environment.

There is evidence that mindfulness-based interventions can assist with weight management by reducing unhealthy eating behaviors like automatic, emotional, or binge eating.

Strategies for mindful eating

- Allow yourself more time for meals and minimize distractions (television, computer, phone, etc.).
- After taking a bite, put your fork down on the table. Notice the flavors, texture, and temperature of your food as you chew.
- Think about what it took to produce this meal and all the people who contributed (farmer, driver, grocer, cook, etc.).
- Pay attention to how eating this food makes you feel physically and emotionally. Take note of these feelings without judging them.
- Eat slowly and recognize when you feel full.