

Mindful Eating



What is Mindful Eating?

- Mindful eating means purposefully paying attention to your eating experience.
- Mindful eating is an essential component of intuitive eating. Being mindful can help you understand your everyday eating decisions and make you more conscious of the food you eat and your habits.

Goals of Mindful Eating

- To make positive, healthy changes to your routine, eating behaviours and surrounding environment
- To make healthy eating choices easier
- To connect with your body and mind

Eating Mindfully Means Being Aware of:

WHY YOU ARE EATING

Connect with your feelings, thoughts, emotions

Are you eating because you are:

- Hungry?
- Bored?
- Stressed?

Are you eating to:

- Enjoy?
- Nourish your body?
- Keep yourself moving?

WHERE YOU ARE EATING

Check-in on your behaviours

Are there environments where you eat in certain ways?
For example: restaurant, movie theatre, work, home.

Was the space you were in meant for eating?

WHEN YOU ARE EATING

What time is it? What part of your day is it?

How long has it been since the last time you ate?

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Eating Mindfully Means Being Aware of:

WHAT YOU ARE EATING

Pay attention to aromas, textures, flavours - to your likes and dislikes.

This will make you more conscious of what you are eating

Are you eating fruits, vegetables, grains, meat, fish, oils, dressings, spreads, sweets?

Are you eating a balanced meal or a snack?

HOW YOU ARE EATING

Are you taking time to chew and eat slowly or rushing through?

Are you sitting with good posture, slouching, standing?

Are you eating with others?

Are you distracted?

HOW MUCH YOU ARE EATING

Are you not eating or drinking enough to satisfy your hunger or thirst?

Are you eating more than you need and feel stuffed?

Reflect

It's important to tie all of these elements together to understand what drives your eating habits.

Reflect on the why/where/what/how you eat every day to gain greater awareness.

Once you are aware of habits, then you can start the work to make changes to better your health.

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