MINDFUL EATING: EAT IN THE MOMENT

Why should you eat mindfully?

Eating mindfully is not intended to restrict what you eat or to lose weight. It is believed that, when you eat mindfully, it results in a better understanding of how foods make you feel. As a result of that, you are less likely to over eat, and more likely to savour more and make healthier choices.

What is it mindful eating?

Mindful eating is a practice centred around being present in the moment you are eating while listening to your physical and emotional senses. The overall goal of mindful eating is to promote a more enjoyable meal experience and to enjoy the food choices you make. Eating mindfully is about bringing awareness to each bite from the first to the last.

What are the mindful eating attitudes?

- Eat slowly and without distraction e.g. put your phone down
- Listen to hunger cues and eat until you are satisfied, not entirely full
- Distinguish between true hunger and non-hunger triggers. Are you bored or thirsty instead of hungry?
- Engage your senses - notice colours, smells, textures, sounds and flavours
- Learn to let go of feelings of guilt and anxiety around food
- Eat to maintain overall health and well-being
- Notice the effects food has on your mood - do you feel good after eating that?
- Learn to appreciate your food
- Understand that your experience with a food may be different to someone else's