Mindful Eating as Food for Thought

What is Mindful Eating?

- Mindful eating is not a diet. It’s about experiencing food more intensely
- In today’s fast-paced society, we many times are not aware of what we eat, or why we eat it.
- Mindful eating is meant to make us conscious eaters
- Mindful eating helps us understand what and why we are craving something

How it works:

- Awareness of what and why we eat leads to eating what you really want, being satisfied, and stopping. We don’t eat as much
- By acknowledging and embracing our cravings through a few breaths, we can stop our autopilot of reaching out to the pint of ice cream or the bag of chips
- Mindful eating leads to slower eating. Slower eating leads to feeling full with less food

What you can do:

- When you eat, just eat – unplug the electronica. Eat slowly. Relish each bite.
- Mindful eating includes mindless eating - “I am aware that I am eating and driving/working/facebooking”
- Chew patiently – 25-30 chews for each mouthful
- Plant a garden, and cook – Whatever reconnects you with the process of making food
- Rituals – flowers, candles; Anything that creates an enjoyable environment
- Start with baby steps:
  - Consider one mindful meal a week
  - Dedicate the first 5 minutes you eat to silence, thinking about your food, and enjoying
  - Even if it’s just two mindful bites, do it! It reconnects you with food

“Eating should be a pleasurable activity...Always!”