



Mindful Eating

Mindful Eating Means:

- Paying attention to your eating experience. It is about bringing kind and curious attention to the foods you are eating. It is also about noticing your thoughts, emotions, and how your body feels before, during, and after a meal or snack.
- Allowing yourself to eat when you are hungry and knowing to stop when you are full.

"To me, mindfulness is trusting my ability to make the most nourishing choice for my body, mind, spirit and soul. It is recognizing and embracing the desire to choose loving kindness, so that I may pass it on to others." Caitlin Troklus.

Why Be Mindful While Eating?

Mindful eating can help you to be more aware of when you are hungry or full. It can help you choose foods that you find enjoyable and nourishing. Mindful eating may help you to have healthier eating patterns.

Mindless eating is the opposite of mindful eating. Mindless eating means not paying attention to the foods you choose to eat and how your body feels before and after you eat. There are many reasons you might eat mindlessly. For example:

- strong emotions (feel sad, mad, tired, bored, and/or lonely);
- you see or smell a food that looks really good
- you are used to eating at certain times (e.g. lunch at 12:00pm)
- you are doing something else while eating (e.g. watching TV).

How can I eat mindfully?

Ask yourself the following questions as you eat:

Before you start:

- What colour and shape is the food?
- How does the food smell?
- Am I comfortable? (hot/cold, sitting on something soft/hard)
- Am I hungry?



Your first bite:

- What sound does this food make?
- How does the food feel in my mouth?
- What does it taste like?

As you keep eating:

- How does my body feel?
- How does my stomach feel? Am I still hungry?

After you eat:

- How did the food you ate make you feel? (Energized? Sleepy?)

References:

Centre for Young Women's Health. Mindful Eating. 2016. Available from:
<http://youngwomenshealth.org/2012/12/27/mindful-eating/>

The Centre for Mindful Eating. Principles of Mindful Eating. 2013. Available from:
<https://www.thecenterformindfuleating.org/Principles-Mindful-Eating>

Fernando, R. Mindful Eating. 2011. Available from: <http://www.mindfulschools.org/personal-practice/mindful-eating/>

Boulanger, B. SMARt Kids Practice Mindful Eating. Atrius Health. 2013. Available from:
<http://blog.atriushealth.org/2013/04/smart-kids-practice-mindful-eating/>