

Mindful EATING

TIPS TO BECOME A MINDFUL EATER



Avoid waiting until you are very hungry to eat. This increases your chances of overeating at your next meal.



Don't allow yourself to eat to the point where you feel too full. Stop eating when you feel satisfied. You don't have to clean your plate.



Avoid distractions while eating. If you're distracted by watching television, driving, or talking on the telephone, you are more likely to overeat without realizing it.



Be sure to sit down at the table while you eat. Standing in the kitchen, or sitting in your car or bed, are not healthy habits.



Take a few breaths before you begin eating. This will help you slow down and give eating your full attention.



Appreciate the smell and the appearance of your food. Notice the colors, textures, and freshness of the food.



Savor the aromas and tastes of your food as you eat it. Put your fork down between bites and be conscious of all the different sensations and emotions you are experiencing.



Eat slowly. It should take you about 20 minutes to finish your meal. This is how long it takes for your stomach to signal your brain, telling it that it's full. Be sure to chew your food well.



Be grateful and kind to yourself. Love your body and avoid self-criticism.



IntuneHealth™

BENEFITS OF EATING MINDFULLY



Learn to truly enjoy food
Healthy weight
Prevent overeating
Increased energy
Reduced stress
Improved digestion