

Be a mindful eater

How to be a mindful eater

Just eat

Minimize distractions e.g., talking, watching tv, using your phone

Fixed portions

Eat snacks out of a bowl rather than the bag.

Use all 5 senses

Pay attention and savour your food. See, hear, feel, smell and taste your food like its the first or last time.

Take your time

Slow down your eating. It takes a full 20 minutes from the time you put food into your mouth before your stomach knows it has arrived there.

Out of sight

Making treats and snacks less accessible gives time to think about it and can reduce how much one eats.

What is mindful eating?

Mindful eating is an experience that engages all parts of us, body, heart and mind, in choosing, preparing and eating food. It involves all senses. It replaces self-criticism with self-nurturing. It replaces shame with respect for your own inner wisdom. - Jan Cozen Bays, MD

Benefits

1. Mindful eating can help you develop a new, more balanced relationship with food.
2. It can teach us how to listen to our bodies to help determine when and what and how much to eat.
3. It can help us learn how to enjoy our food even more.

4. It can help us appreciate where our food comes from and therefore create a more balanced relationship with our environment.