



# Mindful Eating

Mindfulness is simply the moment-by-moment awareness of life. But it's not always so simple. We so easily get caught up in our own thoughts and self-talk that we are scarcely aware of life as it passes us by.

When we pay attention to our food -- really pay attention -- we begin to notice all sorts of wonderful aspects of food, and we become aware of how much we're putting into our bodies.

## Ways to be Mindful with Food

- Take 3 deep breaths prior to eating (eyes open or closed)
- Eat with less dominant hand
- Chew your food, each bite 10-15 times
- Eat with chopsticks
- Take smaller bites (should be the size of the tip of pinky finger)
- Sit at a table
- Turn off all electronics (TV, cell phones, tablets, computers)
- Make meal last 30 minutes
- Be the last at the table to finish your meal
- Use smaller utensils (baby forks/spoons)
- Pay attention to hunger/fullness (use Hunger Scale)
- Keep a food log of your food choices

*Select 1-3 ways you will eat mindfully this month.*

