

Alice! Health Promotion Guide to Mindful Eating

Mindful eating is the practice of paying close attention to the smell, flavor, and texture of your food. It also allows you to notice how your body feels as you eat so can better distinguish between being hungry and wanting food.



What are the benefits of mindful eating?

- Reduces likelihood of overeating.
- Helps you focus on eating when you're hungry, not just when you want food.
- Eating slowly may help your digestive system maximize absorption of nutrients from food.

How to practice mindful eating

- When you're making food decisions, choose food that's both enjoyable and nourishing for your body. This may involve experimenting with your food and figuring out what you really like and don't like.
- Focus on your food. Take time to enjoy the taste, smell, and pay attention to how you plate your food.
- Create a calm environment. When you find yourself getting distracted, try to remind yourself to refocus on your food.
- Try to make each meal last at least 20 minutes. It may seem like a long time, but use it as a much deserved break!

List adapted from the Centers for Disease Control and Prevention (CDC) Lifestyle Coach Facilitation Guide: Post-Core Healthy Eating with Variety and Balance

Resources

- United States Department of Agriculture: *10 Tips: Enjoy Your Food, But Eat Less.*
<http://bit.ly/2tjxlmv>
 - National Institutes of Health: *Mindfulness Matters: Can Living in the Moment Improve Your Health?*
<http://bit.ly/2vhkXKP>
 - Harvard Medical School: *Mindful Eating*
<http://bit.ly/2tNn0s8>
 - Columbia Dining: *Meet the Dietitian*
<http://bit.ly/2tNDbG5>

