

Tune Into What You Eat!

Mindful Eating

Mindful eating involves listening to your body and your body's hunger signals. It means you are aware of the food you are eating: the smell, the taste, and the texture of your food. It means you stop eating when you are full. Being a mindful eater will help you have a healthier diet, enjoy your food and feel good about your body.

ARE YOU A MINDFUL EATER?

- YES NO Do you ever feel uncomfortably full after you eat?
- YES NO Do you ever open a bag or box of your favorite snack and before you know it the container is empty?
- YES NO Do you have difficulty remembering what you ate yesterday?

If you answered "Yes" to any of these questions then you may want to work on mindful eating.

WHAT MAKES IT HARD TO BE A MINDFUL EATER?

There are many reasons why we may not notice what we are eating or eat when we are not hungry.

Mood

You feel sad, angry, tired, bored, stressed or lonely.

Cravings

You see, smell, or think about food that is really appealing.

Distraction

You're watching TV or on your computer and eating at the same time.

How do I become a mindful eater?

- 1. ASK YOURSELF: "AM I REALLY HUNGRY?" "Why am I eating?"** Make sure your body's hunger signals are driving your appetite and not your mood.
- 2. EAT FOOD THAT WILL SATISFY YOUR HUNGER.** Make sure you eat a balanced diet composed of lean proteins, whole-grains, vegetables and fruits. A balanced meal will help you stay full longer and prevent mindless snacking.
- 3. LOOK AT YOUR FOOD WHEN YOU EAT IT.** Don't eat when you are watching TV, in the car or on the run. Take a moment before eating to relax and breathe deeply, to appreciate the food in front of you.
- 4. USE ALL YOUR SENSES TO FULLY ENJOY THE EATING EXPERIENCE.** Pay attention to the food – "WHAT DOES IT SMELL LIKE?" Chew slowly – "IS IT CRUNCHY? IS IT SOFT? IS IT SWEET, SPICY, OR SALTY?"
- 5. EAT SLOWLY TO AVOID FEELING TOO FULL AND UNCOMFORTABLE AFTERWARDS.** Check in with yourself and ask if you are satisfied. Learn to listen to your body so you can stop eating before you are full.

