
Mindful Eating

Mindful Eating is focusing your awareness on the food you are eating and how you interact with it. This can include thinking about your level of hunger or fullness, how satisfying a food is to eat, what textures, flavors, or temperatures you want to eat, or if you are distracted when eating. Mindful eating can help build body trust and connection, making it more likely you will be able to honor your comfortable levels of hunger, fullness, and satisfaction. Mindless eating is common – such as eating in front of the TV, while on the phone, etc. – and it takes practice to become mindful. Try these tips to start to practice eating more mindfully.

Be in the moment without distractions

- Sit down at a table to eat.
- Clear a space to eat. Reduce clutter around you.
- Turn off your TV and put your phone away.

Check in with yourself

- Rate your hunger from 0 (starving/hunger pains) to 10 (painfully full).
- Observe any thoughts, emotions, or mood.
- Recognize outside factors like stress that could influence hunger, eating, or food preferences.
- Without judgment, notice any feelings that may arise (guilt, excitement, dread) around eating a particular food.

Savor the food

- What colors are on your plate? Do the colors look appealing?
- What smells do you notice before taking a bite?
- What flavors, textures, or temperatures are in the first bite?
- Do these factors change throughout your meal?
- Is your taste or enjoyment of the food increasing or decreasing during the meal?

Be gentle with yourself

- Challenge any negative thoughts or food rules that pop into your head.
- Speak kindly to yourself about food choices, emotions, and feelings.
- Remember, mindful eating is a skill that takes time, self-compassion, and practice.

Stay aware

- Continue to focus on the above concepts throughout the meal.
- If you get distracted and started mindlessly eating, it's okay, just return to the present moment and refocus on the mindful eating habits above.