

# mindful eating

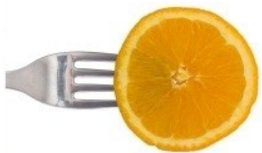


## What is Mindful Eating??

Mindful eating is **not a diet**. It is being more aware of your eating habits, the sensations you experience when you eat, and the thoughts & emotions that you have about food.

## Examples of Mindless Eating:

- Eating until you are too full and then feeling guilty
- Emotional eating – eating when you are bored, stressed, anxious, etc.
- Grazing on food rather than tasting it
- Mindless munching while watch TV or on the computer



## Benefits of Mindful Eating Approach

It's **not a diet**. Fad diets don't work!



**Decreases stress**, which in turn, reduces emotional eating



Heals a wide range of eating issues





### Mindful Eating Challenge #13

**Quiz:** How long would it take you to eat this bowl of chips. 10 seconds? 2 Minutes? 5 Minutes?

**Challenge:** Gather a small bowl of your favorite chips, slices of apples, soy chips or crackers. Eat one bite and stop. Consciously say to yourself, "One potato, two potato, three potato, four." Then, eat the next one. This will likely feel strange, maybe even painfully slow. Break the habit of mindlessly popping food into your mouth. [www.facebook.com/eatdrinkmindful](http://www.facebook.com/eatdrinkmindful)



### Mindful Eating Challenge #11

According to a study in the journal of *Appetite* (2011) buying pistachios *in the shells* (and them taking them out yourself) helps you eat more mindfully. This is called the "Pistachio Effect." Scooping nuts out of a can makes it easy to lose track of how much you eat.

**Challenge:** Try an experiment. Buy peanuts, walnuts or pistachios in the shell. Pour out half a cup. Notice how taking them out of the shell slows you down—to focus in on what you are doing instead of mindlessly popping the nuts into your mouth. Keep a pile of the shells in front of you. This will give you a visual reminder of the amount you've consumed. If you don't like nuts, consider other foods that come in their natural wrapper—an orange for example. It takes mindful effort and time to peel. Mindful Eating Marathon™  
<https://www.facebook.com/eatdrinkmindful> [www.eatingmindfully.com](http://www.eatingmindfully.com)

### Mindful Eating Challenge #12

Saving the best for last is *true*. According to a 2011 study in the *British Journal of Nutrition*, eating the most enjoyable food on your plate last instead of first tends to keep the experience fresh in your mind. You may consume less because your mind hasn't filed away the experience. There are fewer new memories to interfere. You think, "Oh yes, I had a really great cookie."

**Challenge:** Eat the food you like best at the end of the meal—whether it is dessert or a side dish. Remember---*Save the best for last to eat mindfully.*

Mindful Eating Marathon™  
<https://www.facebook.com/eatdrinkmindful> [www.eatingmindfully.com](http://www.eatingmindfully.com)

