

Tips on Mindful Eating

These are some essential points for you to consider when making mindful eating a part of your everyday life.

- Mindful eating is about opening the mind's awareness to food and to the body, before, during, and after eating.
- Mindful eating is non-judgmental.
- Awareness is the key to change—once you are aware of something, it cannot remain the same.
- Awareness plus small changes in your automatic behaviors can produce large changes over time.
- Learn to assess your hunger before you eat, during eating, and after eating.
- If you are not hungry, don't eat.
- Be present for at least the first three bits or sips as you begin to eat or drink.
- Eat small portions, considering “right amount” and serve yourself an amount of food that will leave you two-thirds full.
- Eat slowly, savoring each bite.
- Find ways of pausing as you eat, such as putting down your fork or spoon between bites.
- Chew your food thoroughly before swallowing.
- Become aware of the difference between “no longer hungry” and “full”—there is no need to eat all the way to “full.”
- Eat until you are two-thirds full, then take a drink and rest a bit.
- Mindful eating includes mindless eating—you can choose to eat mindlessly when it is appropriate.
- Emptying is as important as filling—this applies to both the body and the mind.
- At least once a week, eat an entire meal in silence and mindfulness.
- Know that food changes mood and use it as good medicine.
- Remember the energy equation: balance the energy going into your body with the energy going out.
- Know when it is not the body but the heart that is asking to be fed—give it the nutrition that fills it up. That nutrition could be meditation or prayer, walking, being in nature, listening to or making music, playing with a pet, fixing food for someone you love or just sitting and being present with people. Fill the heart with the richness of each and every moment.

Source: Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food