

# Be A Mindful Eater

## What is Mindful Eating?

Paying attention to what is happening mentally, physically, and emotionally while you're eating

Know that there's no right or wrong way to eat, but varying degrees of awareness

Become aware of the positive opportunities that are available through food preparation and consumption. Preparing food with others allows us to learn something new and grow a friendship. Eating food provides your body with energy and the nutrients that reduce risk of disease.

Use all senses to explore, savor and taste

Be aware of physical hunger and fullness cues to guide decisions to start or stop eating

## How Do You Eat Mindfully?

- Step 1:** Plan your meal several hours before you intend to eat it
- Step 2:** Set yourself a place at the table (away from your TV, computer or cell phone)
- Step 3:** Sit down and take 2-3 deep breaths. How does your stomach feel? How hungry are you on a scale of 0 (not hungry at all) – 10 (ravenous) ?
- Step 4:** Get up and go to where the food is and look at the food that you're about to serve yourself. Notice shapes, colors, textures and smells.
- Step 5:** Serve yourself
- Step 6:** Return to your seat. Notice the color, shape, texture and smell of your food for 60 more second.
- Step 7:** Begin to eat

<http://www.thecenterformindfuleating.org/>

# Be An Intuitive Eater

## What is Intuitive Eating?

Having a healthy relationship with food by trusting your ability to meet your nutritional needs, develop body wisdom and distinguish between physical and emotional feelings.

### Reject the Diet Mentality

Throw out all diet books, magazines and anything that promises quick weight loss

### Honor your Hunger

Keep your body biologically fed with adequate energy and carbohydrates. Allowing the body to get too hungry triggers a primal drive to over eat.

### Make Peace with Food

Stop the Food Fight! Give yourself unconditional permission to eat. "Forbidden foods" can lead to feelings of deprivation, overeating and guilt

### Challenge the Food Police

Scream "NO" to the thoughts in your head that declare you are "good" for eating less calories or "bad" for eating chocolate cake. These unreasonable rules were created by dieting

### Respect your Fullness

Observe your body's signs that you are comfortably full. Pause in the middle of eating and ask yourself: How does the food taste? What is my current fullness level?

### Discover the Satisfaction Factor

When you eat what you really want in an inviting environment, the pleasure you derive is a powerful force in helping you feel satisfied and content

### Honor your Feelings without using Food

Find ways to comfort, nurture, distract and resolve your issues without using food. Realize that food will not solve any problem and you must deal with the source of the emotion

### Respect your Body

Accept your Genetic Blueprint so that you can feel better about who you are

### Exercise

Rather than focusing on how many Calories it burns, shift your focus to how energized exercise makes you feel

### Honor Your Health

Make food choices that honor your health and your taste buds. Remember that you do not have to eat perfectly to stay healthy and that you will not suddenly get a nutrient deficiency or gain weight from one snack, meal or day of eating.

<http://www.intuitiveeating.com>