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 overeat.

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