

5 Tips for Mindful Eating

An approach to eating that encourages bringing your full attention to what you eat - as you prepare, plate, and enjoy it.

1

Break the food routine

Eating the same foods every day can lead to eating on autopilot and not listening to your internal hunger and fullness cues.

2

Savor each bite

Bring all of your senses into each bite of your meal, noticing the aroma, texture, appearance, and taste. This can help you enjoy your meal, as well as notice when you are full.

3

Give eating your full attention

The opposite of mindful eating is mindless eating, where you eat out of boredom or while your brain is engaged in another activity, such as watching TV.

4

Check in with your body during your meal

After eating about half of your meal, stop to ask yourself if you are still hungry. Slow down and give your mind time to listen to the signals your body may be trying to send you.

5

Change your self-talk

Self-talk can have a huge impact on your mind and emotions, which can affect how you respond to food and hunger cues. Be nice to your body and yourself, and allow your mind to have a positive relationship with food.