

Savoring the Eating Experience: The Art of Eating Mindfully

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Today's Outline

- Defining mindless eating
- Mindfulness in practice
- Defining mindful eating
- Why choose mindful eating?
- How to eat mindfully

Mindless Eating

- Distracted eating
 - Unaware of amount of food
 - No regard for flavors, textures, or smells
- Can create a negative cycle of guilt or shame
- Consequences
 - Overeating
 - Weight gain
 - Digestion troubles
 - Diet-related health conditions



Mindfulness Approaches

- Mindfulness
 - Awareness of thoughts, feelings, environment
 - Gentle, nurturing lens
- Benefits
 - Less stress
 - Improves blood sugar and cholesterol
- Easily incorporate into your lifestyle
 - Stress management, physical activity, sleep, and eating experiences

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Mindful Eating

- Is “the non-judgmental awareness of physical and emotional sensations”
- Emphasizes the eating experience
 - Awareness of senses
- Considers what and why we eat
- Brings awareness to hunger and fullness signals

Mindful or Mindless Eating?

- Eats slowly
- Labels food as good or bad
- Distracted, multitasking while eating
- Notices flavors, smells, and textures of food
- Ignores hunger and fullness cues
- Judgment- and guilt-free
- Eats quickly
- Focused on food with no distractions

MINDLESS *eating*

DISTRACTED,
MULTITASKING WHILE
EATING

EATS QUICKLY

IGNORES HUNGER AND
FULLNESS CUES

LABELS FOOD AS
'GOOD' OR 'BAD'

EATS WITHOUT
APPRECIATING FLAVORS,
SMELLS, TEXTURES

MINDFUL *eating*

FOCUSED ON FOOD WITH
NO DISTRACTIONS

EATS SLOWLY

HONORS HUNGER AND
FULLNESS CUES

JUDGMENT- AND GUILT-
FREE

NOTICES FLAVORS,
SMELLS, AND TEXTURES



Why Mindful Eating?

- Satisfying experience
- Recognize hunger cues and fullness signals
 - Slower eating pace
 - Better digestion
 - Greater appreciation for food
- Health and wellness benefits
 - Weight management
 - Diabetes self-management
 - Trends toward healthier eating

How to eat mindfully



Notice what is on your plate

How much food is there? What ingredients are used?



Express gratitude for what is on your plate

Consider the hands who harvested or prepared the food.

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How to eat mindfully



Slow down

Pay attention to your senses.

Take a break between bites.



Limit distractions

Stop the scroll and turn off the TV.

Make eating the main event instead of the side show.

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How to eat mindfully



Consider your body

Does the food give you energy?

Does it make you feel sluggish?



Eat only when you are hungry

Do not let the clock determine when you eat.



Focus on complete meals and snacks

Include a variety of foods from protein, carbohydrates, and fats.

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What three strategies of mindful eating will you incorporate into your daily routine?



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Mindfulness in action

- Encourages compassion
- Brings awareness to emotions experienced when eating without judgment
- Reconnects you to your body



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Guided Activity: Raisin Meditation

- *Holding*
- *Seeing*
- *Touching*
- *Smelling*
- *Placing*
- *Tasting*
- *Swallowing*
- *Following*