



WHAT IS MINDFUL EATING?

ASK YOURSELF THESE QUESTIONS...

- 1** When you eat do you think about it?
- 2** Are you always in a hurry or do you grab the first thing and chow it down?
- 3** When you're bored or stressed do you stroll into the kitchen with the munchies?

Mindful eating is simply being more aware of our eating. It's taking a proactive approach and thinking about our meals and snacks. By doing this we can gain control of our eating habits, manage our weight, manage medical conditions, and reduce binge, emotional or over eating.

In today's world everything is fast and this includes eating. The weird thing is it takes 20 minutes for your brain to tell you you're full. Many times we are totally mindless when it comes to eating.

This technique focuses on...

- Eating slowly and avoiding distractions.
- Allow physical hunger cues to lead eating.
- Eating only until you're full.
- Understanding true hunger and non-hunger triggers.
- Using your senses when you eat, by noticing flavours, scents, and textures.
- Appreciating your food.

Having a conscious awareness of eating will transform the relationship we have with food and bring a world of benefits.