GuidanceResources®

Mindful Eating

Eating should be natural, healthy and pleasurable. But in our diet-obsessed culture, eating is often mindless, consuming and guilt-inducing instead. The cure? Mindful eating. Mindful eating is about experiencing food more intensely by paying attention to the colors, smells, flavors and textures. It's also about realizing what's on your mind when you are eating and eliminating the distractions that can lead to poor choices. Try some of the following tips to help create more awareness during meals:

- Before opening the fridge, ask yourself, "Am I really hungry?" Gage whether you are indeed hungry or if something else is going on.

- Plant a garden and cook. Anything that reconnects you with the process of creating food will magnify your mindfulness.

- Set your kitchen timer to 20 minutes and take at least that much time to eat a meal.

- Focus on the food only. Save the TV, phone and any other distractions for later.

- Think about the colors, tastes, flavors, smells and texture of the food as you eat.

- Take small bites and chew patiently. Try to slow down.

- Put your fork or spoon down in between bites. Take a breath and relax.

24/7 Live Assistance:
Call: 877-527-4742
TRS: Dial 711

Online: guidanceresources.com
App: GuidanceNow℠
Web ID: State of Delaware