

# Build Mindful Eating Habits

Practicing mindful eating skills can help you balance enjoying your food and honoring your body. Research shows that individuals who practice mindful eating tend to live healthier lifestyles. They choose healthier foods, eat fewer calories, improve their body image and have more positive attitudes toward food and weight.

## What is Mindful Eating?

Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom.

Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.

Paying attention with kindness and curiosity

Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

# Interested?

If you are interested in learning how to be more mindful when eating, consider using the Mindful Eating “BASICS”, developed by Dr. Lynn Rossy, Ph.D, Health Psychologist and author of The Mindfulness-Based Eating Solution:

- 1. Breathe and belly check before eating.** Take a few deep breaths and notice if you have any hunger sensation of present. Ask yourself... How hungry am I? What would I like to eat? Am I bored or stressed?
- 2. Assess your food.** Ask yourself... Where did it come from? Is it natural or processed? What does it look and smell like? Does it look appealing? Is it something you actually want to eat?
- 3. Slow down.** Put your fork or spoon down between bites, take a breath, and chew your food completely before taking another bite. Pausing allows you to enjoy your food and determine when your body feels satisfied.
- 4. Investigate your hunger throughout the meal.** Keep bringing your attention back to eating, tasting, and assessing your hunger and fullness throughout the meal. Give yourself permission to stop or to continue eating based on your hunger and fullness cues.
- 5. Chewing your food thoroughly.** By doing so, the body processes food more efficiently, so hunger will go away sooner and the sense of fullness will register in the body.
- 6. Savor your food as you eat.** Pick the foods you truly enjoy and would satisfy you.