

# 10 Tips for Mindful Eating

**Mindful Eating is non-judgmental awareness to the process of selecting & eating food. By using all your senses to choose what, when, & how much to eat, you can change your relationship with food. Here are 10 tips for more mindful eating.**

<p><b>1. Reflect.</b> Before you begin eating, take a moment to reflect upon how you feel. Are you physically hungry? Or just stressed/sad/bored? After you have taken this moment to reflect, then you can choose if you are truly hungry and what and how much to eat.</p>	<p><b>2. Don't eat if you're not hungry.</b> If you realize you are not physically hungry, it is best not to eat. Maybe your body is trying to tell you that you need a break. Take 15 minutes to do something fun or relaxing. Some ideas: go for a walk, color or draw, meditate, do a face mask, paint your nails, play your favorite music, watch a funny youtube video, call a friend, or journal your thoughts.</p>
<p><b>3. Ditch the diet mentality.</b> There are no good or bad foods. You are not good or bad based on what you eat. Remove any judgement around eating and make peace with food. There is plenty of room for twinkies within the context of an overall healthy diet.</p>	<p><b>4. Pick the smaller plate.</b> Smaller plates make your servings of food look larger. This will help you with your portion control — an especially good strategy for those all-you-can-eat buffets.</p>
<p><b>5. Serve out your portions.</b> Resist eating straight from the bag or box. It's easier to overeat when you can't see how much you've had, and it's harder to fully appreciate your food when it is hidden from view.</p>	<p><b>6. Clear your head.</b> Before you start to eat, pause and take a moment. Sit up straight with both feet on the ground. Take a few deep breaths. Appreciate the food in front of you. Give thanks to the farmers, factory workers, animals, chefs, mother Earth, and your companions at the table.</p>
<p><b>7. When eating, just eat.</b> Don't try to multitask while eating. Have a seat, put your phone away, and pay attention to the meal. You're less likely to appreciate your food and more likely to overeat when you eat on the go or when you are distracted by your phone or the TV.</p>	<p><b>8. Eat slowly.</b> Chew your food thoroughly, and put down your utensils in between bites. Take time to enjoy the flavors and textures in your mouth before you swallow. This may also help prevent overeating by giving your gut time to send messages to the brain to say you're satisfied.</p>
<p><b>9. Name the flavors</b> As you eat your meal or snack, consider the flavors of the food. The 5 basic tastes are bitter, sweet, salty, sour, and umami (savory). Your meal might contain more than one flavor — can you tell the difference?</p>	<p><b>10. Resign from the Clean Plate Club.</b> Listen to your body and stop eating before you are full. It takes 20 minutes for the stomach to send fullness signals to the brain, so stop eating at 75% fullness. Consider packing the leftovers to go, or just leaving the last few bites.</p>

