



Session 17: Mindful Eating

Did you ever eat a reasonably sized meal but feel that you want to keep eating? This is common, and happens because we eat too quickly or mindlessly.

What is mindful eating?

- Choosing food you enjoy that nourishes your body.
- Tuning into all your senses to find pleasure in your food.
- Being aware of your level of hunger and satiety.

The two main reasons for eating slowly and mindfully:

- Your brain has time to register that you are full. It takes approximately 20 minutes for your brain to register that you are full.
- When you notice and enjoy every mouthful, eating is more satisfying.

How to eat slowly:

- Put your utensils down for 10-15 seconds after a few bites.
- Take sips of water (or non-calorie beverage) after every few bites.
- Take small bites and chew slowly. Finish chewing and swallowing each bite before you put more food on your fork.

How to eat mindfully:

- **Focus on your food.** Look at the food on your plate. Notice the texture and flavor of each bite. Take time to savor the taste and aroma of the food.
- **Create a calm eating environment.** With less stress or chaos, you will be able to pay attention to what you are eating. Turn off the TV and computer, put away reading material, and refrain from eating on the run.

- **Learn to refocus on your food after a distraction.** Although it is ideal to eat without distractions such as the TV, computer, phone calls, etc., there will probably be times when you will be interrupted by someone or something. It is at these times that you need to remind yourself to refocus on your food.

**Each time you eat, sit down and eat slowly and mindfully.
Learn how to enjoy every bite of food so you feel both
physically and mentally satisfied at the end of the meal.**

A Sneak Peak at What's Ahead (The Next Session)



To do:

The Basics:

- Keep track of your weight.
 - Weigh yourself at home daily or at least once a week at the same time of day.
 - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

Challenge Yourself:

- Practice eating slowly and mindfully. The goal is to make each meal last 20 minutes.

Additional Notes:
