

MINDFUL EATING

Mindful Eating is using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body. Mindful eating helps you become aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

Mindful Eating is recognizing that food is an expression of love of self and others, and that by sharing nourishing and delicious food together we can experience connection and joy.

What does Mindful Eating look like?

- Television is off and other distractions are not present.
- Everyone involved in the meal contributes in some way to the shared experience (food preparation, setting the table, offering gratitude, etc)
- Start each meal with gratitude
- Before eating, take a deep breath and be present with your physical surroundings...notice the sights, sounds, smells, and physical environment around you; then notice and savor the tastes.

Whether eating alone or with others, eating can be mindful and a source of connection with self, others, and the greater universe.

Use this standard to evaluate each food you take in: **Is it “beautiful or beneficial”?** In other words, is the food you’re taking in nourishing (full of nutrients, minerals, vitamins, fiber, and other components that fuel and nourish the body)? And/or, is it so amazingly delicious tasting and pleasure-producing that you cherish the experience of eating it? If it doesn’t meet at least one of these two standards, it doesn’t warrant being eaten.

