

5 ways to practice mindful eating

"Mindful eating is about awareness. When you eat mindfully, you slow down, pay attention to the food you're eating, and savor every bite"



AWARENESS

When you notice the urge to eat, ask yourself if you are hungry. Are you bored or sad, or are you truly hungry?

FOCUS

Minimise distractions by stepping away from your desk, cutting down time on your phone, or turning off the TV.

PAUSE

Before eating, take a moment to set an intention for how you'd like to feel after your meal. Satiated? Energetic? Comfortably full? Estimate how much food you might need to feel this way.

SAVOR

Take the time to enjoy and savour the taste, textures, and aroma. Chew thoroughly and take a moment between bites. Also, be sure to pay attention to how you are feeling - do you still feel hungry or satisfied?

STOP

Remember to stop eating when you feel comfortable or satisfied. Remind yourself that you can eat again when you feel hungry.