

Mindful Eating: Building a Better Relationship with Food

■ What is Mindful Eating?

Mindful eating is the practice of slowing down, noticing your body's signals, and enjoying food without guilt or distraction.

■ Key Principles

- ✓ Awareness of Hunger & Fullness
- ✓ Engaging the Senses
- ✓ Non-Judgmental Observation
- ✓ Eating Without Distraction

■ Benefits

- Improved digestion and nutrient absorption
- Reduced overeating and cravings
- Better relationship with food
- Increased satisfaction from meals

■ Practical Exercises

- 5-5-5 Rule: Take 5 breaths before eating, chew 5 times slowly, and pause 5 seconds between bites.
- Hunger–Fullness Scale: Eat at 3–4 and stop at 6–7.
- Mindful Snack Practice: Eat a small snack slowly, noticing every sensation.