

BENEFITS OF MINDFUL EATING



- Not a fad diet
- Realistic & Do-able
- It lasts! You can do it long term
- A behavioral plan for everyone (you can be vegetarian, Kosher, a meat eater etc.)!
- You don't feel deprived or starved
- It works! Research shows that mindful eating is helpful in reducing emotional eating, weight, Diabetes II, and developing a healthier relationship to food.

What is **Mindless** Eating?

- » Eating when you are bored, stressed, anxious, happy etc. and not truly physically hungry
- » Munching in front of the T.V.
- » Eating while you are doing something else or distracted (driving, walking, working, texting).
- » Eating food just because it is there and looks good not because you are hungry
- » Falling back into old habits/routines
- » Zoned out or eating in a trance like state
- » Following rules not body cues

DESCRIBE AN EXAMPLE OF YOUR OWN **MINDFUL** AND **MINDLESS** EATING

What is **Mindful** Eating?

- » Mindful Eating is not a diet
- » There are NO menus or recipes. It is about balancing how to eat, not what to eat.
- » Being aware and present when you eat
- » Noticing each bite
- » Using your senses (taste-spicy, bland), (texture-smooth, crunchy), (aroma, sound-sizzle or crunch)
- » Noticing your habits
- » Determining your hunger level (a little or a lot?)
- » Being truly in the moment
- » Savoring/Enjoying food
- » Feeling in charge of how much you are eating, consciously deciding
- » No guilt or judgement