

How to master Mindful Eating?

MINDFUL eating is a vital life skill

Mindful eating is simple (which is why we love it) and key to having a positive and healthy relationship with food. Mindful eating is not a diet. It is a skill which enables you to ditch the food rules. It gives you freedom to explore food that you really enjoy and that truly satisfies you.



Mindful eating is about the way we eat, not what we eat. Our techniques work on all food - everyday foods and special treats. It IS possible to remain healthy and still enjoy the treats you love!

Our top techniques to ensure mindful eating for every bite:



Eat Regularly

This includes meals and healthy snacks to fill your body with fuel. Eating regularly ensures that you aren't ravenous and reaching for the sweets come 3pm.

Trust yourself



Be in tune with your hunger and satiety (*fullness*) cues. Consider your body's cues to determine if you are full during a meal instead of looking at how much is left on your plate, or on the table. Allow time for your body to react to your hunger and fullness signals.



Sit at the table to eat

When you are at home; turn off the TV, switch your phone to silent (better yet – leave it in a different room) and set the scene for joyful eating. Use beautiful crockery, maybe light a candle. Feel free to be as imaginative as you like. Eating at the table does not include your work bench. For work lunches, eat away from your desk; sit in the tearoom or pull up a chair to someone else's desk!

Be Present

Pay attention to your meal (*more on this below*)





Choose what to eat

Prioritise your treats. Create a hierarchy. Do you prefer cheesecake or is chocolate your favourite? If there is only chocolate cake available today, perhaps don't eat it – savour the delicious cheesecake that will be on offer tomorrow.

MOST IMPORTANTLY Enjoy your food!

Really enjoy it. Don't feel guilty about what you are eating. If that includes treats, enjoy them.



Steps for mindful eating (for ANY food) Begin by choosing the food that you WANT to eat.

1. Look at the food

Really look at it. Notice its appearance and colour.

2. Smell the food

Close your eyes and smell once more.

3. Lick the food

Detect the texture on your tongue and its taste.

4. Take a bite

Become aware of the change in taste.

5. Chew slowly and swallow

Savour every mouthful.

Perceive the food as it travels down your throat.



Our favourite read on mindful eating:

“If not dieting, then what?”

by Dr Rick Kauman

Would you like some more information? Book a corporate session on Mindful Eating and we will show exactly how to enjoy your food. Contact us 0457 795 595 or andrea@foost.com.au

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