



## **Mindful Eating**

Mindful, normal eating is eating consciously. It means paying attention to what you are doing and making choices. When we are honest with ourselves we eat with awareness and by choice. Emotional eating means we aren't thinking about what and why we are eating and we tend to eat more of the kinds of foods that are less healthy for us.

1. Eat only at a table
2. While eating, do nothing else. Do not watch TV, read, pay bills or drive in a car.
3. Always enjoy your food. Avoid giving yourself a guilt trip. Instead, give yourself permission to REALLY enjoy eating. Savor every bite. Think about what you are doing...eating and pay attention to how your food tastes, how it feels in your mouth.
4. Decide how many times a day you will eat (3-5). Choose the times of day.
5. Buy a spiral-bound note book.
6. Spend 10 minutes a day to plan your meals for the next day.
7. Make sure you eat protein with each meal.
8. Put only the amount of food you desire to eat on your plate.
9. Do not serve meals "Family Style"
10. Take ½ hour to eat your meal...minimum.
11. Put your utensil down between bites.
12. Chew your food 30-60 times before swallowing.
13. You may drink water before eating but avoid drinking while eating or right after eating.
14. Eat only when hungry (growling stomach), stop when full.
15. Use "pause" to stop yourself when putting food in your mouth. Ask yourself: Am I hungry? Do I really need/want this? If you answer yes...go ahead, eat it.

### Resources:

Geneen Roth "When You Eat at the Refrigerator, Pull up a Chair"

[www.obesityhelp.com](http://www.obesityhelp.com)

Google: Glycemic Index, Insulin Resistance