



"Mindful eating replaces self criticism with self nurturing. It replaces shame with respect for your own inner wisdom"

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Many people carry around a lot of "shoulds" in their heads when it comes to eating. We tell ourselves that we "should" eat this, and we definitely "should not" eat that. We focus on what we should eat, but overlook paying attention to how we are eating.

## WHAT IS MINDFUL EATING?

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Mindful eating is about developing awareness of your experiences, physical cues, and feelings about food.

Mindful eating is a powerful tool to gain control of your eating habits. It can cause weight loss, reduce binge eating and make you feel better.



## MINDFUL EATING STRATEGIES

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- Take five deep breathes prior to each meal
- Sit down while eating
- Place your food on an attractive plate or bowl
- Eat slowly and taste each bite
- Take small bites
- Honor your hunger cues, and do not fear hunger
- Pay attention to satiety cues
- Stop eating when satisfied
- Eat without distraction; try to minimize multitasking while eating
- Carry foods with you that you like and that support your health, in the event that you become hungry when you are out
- Sip warm tea or water prior to a meal to calm your body

## BENEFITS OF MINDFUL EATING

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- Improved cardiovascular health and reduced disease risk
- It manages stress and improves digestion
- mindful eating get you more in-tune to your internal guidance system
- Craving Control: You will know which foods are good for you and which you should avoid based on your body's intrinsic intelligence
- Weight management
- You reconnect with your appetite.

