

The Art of

Mindful Eating

Eating mindfully means eating while paying attention. You're aware of what you're doing, aware of how your body is reacting, aware of what your mind is telling you and aware of the sensations you are having while enjoying delicious foods.

To ensure you're eating mindfully, take the following tips into consideration:

Don't eat and multitask

You're enjoying one of your favourite treats: a cookie, a brownie, a bowl of pasta or a slice of pizza while watching TV, online shopping or texting with a friend. Suddenly, you look down. Where did it go? The food disappeared while you weren't paying attention. You say to yourself, "That one vanished, I'd better have another."

Does this situation sound familiar?

Life is full of distractions and it's not uncommon for people to eat with the TV on or, when sitting down to dinner, one family member is on their phone. Consider making family mealtime or any meal you indulge in an electronics-free zone. Enjoy each other's company as opposed to the company of your device and take time to appreciate the food you're eating.

Do eat slowly

Eating is not a race. Taking the time to actually enjoy your food is one of the healthiest things you can do. It also takes time for the brain to get the signal that the belly is full – so slow down!

You are more likely to notice when you are full, and you'll chew your food more which makes it easier to digest. A few tips to help you slow down are putting your utensils down between bites and chewing until the food is liquefied. You'll not only digest food better but you'll enjoy food more by noticing flavours you might otherwise have missed.

Don't eat past full

We often eat past fullness due to enjoyment, taste, socializing or emotional reasons. To avoid this you need to pay attention to what you're eating. Be mindful of how your body feels after you've eaten and learn to listen to your body when it's telling you it's full. Experiment with what comfortable fullness feels like.

Do savour your food

Indulging in foods you love is a source of pleasure. Instead of mindlessly shoveling food into your mouth, slow down (as mentioned above) and truly appreciate what you're eating. When you take time to chew your food you will notice the smells and tastes really set in. By savouring, you will not just be eating a meal, you will be enjoying an experience.

Mindfulness is about rekindling a relationship with our food. Through eating mindfully you'll gain a deeper appreciation for your food and what it does for your body. It's a commitment to appreciating and enjoying the food you consume.

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