



# STEPS FOR MINDFUL EATING

1

## REDUCE DISTRACTION

Research shows that we are more satisfied by our meals and less likely to overeat if we tune in when we are eating. Turn off the computer, put down the phone. Pay attention to the experience of eating.

## PAUSE & REFLECT

2

Start by sitting down, taking a breath, take a moment to appreciate the food before you. Express gratitude for the meal or snack and the work it took to bring it to you.

3

## ENGAGE YOUR SENSES

Start with your sight, appreciating the colours on your plate. What can you hear, smell or feel as you engage with your food? Take time to truly taste the first bite.

## FOCUS ON FLAVOURS

4

There are five basic tastes we experience: sweet, sour, bitter, salty and umami. As you eat, see if you can notice all five. How do the tastes change as you eat?

5

## TUNE IN TO TEXTURE

The feel of food in the mouth is something we often overlook. Tune in to how the texture changes as you chew. Notice how the food feels as you swallow.

## SLOW DOWN & NOTICE

6

Enjoying food mindfully brings greater awareness of our hunger and fullness level. Slow down, put down your utensils occasionally. Notice when you begin to feel satisfied. Can you stop eating before you become overfull or uncomfortable?

