

# MINDFUL EATING

Being present when eating to gain insight into how foods make us feel (emotionally and physically)

## 5 TIPS FOR EATING MINDFULLY

### HONOR YOUR HUNGER

Keep your body biologically fed with adequate energy and carbohydrates. Otherwise, you can trigger a primal drive to overeat.

### MAKE ROOM FOR PLAY FOODS

Labeling foods we enjoy as "bad" or "cheat" foods can lead to restriction; restriction can lead to an unhealthy relationship with food.

### CONSIDER ALL FACTORS

Social determinants, sleep, stress and more all impact health. Don't forget self-care.

### CONSUME ALL 3 MACRONUTRIENTS

Eliminating or restricting a macro does not support long-term health outcomes. Try pairing carbs, fat and protein together during meals and snacks.

### RESPECT YOUR FULLNESS

Observe the signs that show that you're comfortably full. This can be done through limiting distractions while eating!

### STRIVE FOR VARIETY

By trying to focus on what to *add* versus remove from your diet, you can enjoy foods and focus on getting vitamins, minerals and antioxidants.

## MINDFUL EATING IS...

- ✓ a process-oriented (rather than an outcome-driven) behavior
- ✓ based on your experience in the moment
- ✓ meant to help you focus on appreciating the experience of food and not be concerned with restricting intake

### DOs

Take small bites

Eat at a table

Drink more water

### DON'Ts

Eat in a hurry

Digital distractions

Eat when triggered

