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Beginner lessons for Mindful Eating

Transform Your Eating Habits with Mindfulness!

DEFINITION

> Mindful eating is the practice of being fully present while eating, focusing on the experience. It encourages awareness of hunger cues, food choices, and the act of eating itself.

KEY CONCEPTS

Awareness

Being conscious of what you eat and how it makes you feel.

Slow Eating

Taking time to chew and savor each bite, enhancing the eating experience.

Hunger Cues

Listening to your body’s signals to know when you are hungry or full.

Non-Judgment

Approaching food choices without guilt or shame, allowing for a healthier mindset.

Environment

Creating a calm eating space free from distractions to enhance focus on food.

EXAMPLES

→ Eating a meal without distractions like TV or phones.

→ Noticing flavors and textures while chewing slowly.

→ Pausing between bites to assess hunger and fullness.

MEMORY TIPS

★ Use the acronym SLOW: Savor, Listen, Observe, Wait.

★ Visualize a peaceful meal setting to reinforce calmness.

★ Associate mindful eating with a specific time of day to build a routine.

COMMON MISTAKES

✗ Eating too quickly and missing the experience.

✗ Ignoring hunger signals and overeating.

✗ Eating while distracted, leading to mindless consumption.

QUICK RECAP

Mindful eating encourages awareness and presence during meals. Focus on your body's hunger cues, eat slowly, and create a distraction-free environment for a more fulfilling experience.