

# Home Practice - Mindful Eating

Research studies are showing that Mindfulness of Eating has big benefits including:

- More enjoyment of your meals
- Noticing when you are full
- Less binge and emotional eating
- Increased chance of maintenance of weight loss

Choose 1-2 items below this week and decide how often you will practice this week.

Focus on your food while you are eating. To do this:

- notice when you feel full-take a break mid-way...close your eyes and check in
- don't rush when eating out
- put your knife and fork down between bites
- eat with others and enjoy the conversation with friends and family
- slow down and allow yourself time to enjoy your food - it takes 20 minutes for your stomach to let your brain know that you have had enough 😊
- chew your food thoroughly to experience all of the:
  - aromas
  - textures
  - flavours and taste
- eat without distractions more often - computers, cell phones and other electronics distract from eating. Make at least some of your mealtimes "electronic free."
- sit down at the table instead of in front of a TV

