



Mindful Eating

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What is Mindful Eating?

- **Attuned eating**
- **Intuitive eating**
- **Mindful eating**





Principles of Mindfulness

- **Deliberately paying attention, non-judgmentally.**
- **Encompasses both internal processes and external environments.**
- **Being aware of what is present for you mentally, emotionally and physically in each moment.**
- **Cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.**

Eating Styles

Style	Trigger	Characteristics
Unconscious Eater	Eating while doing something else at the same time.	Unaware that he/she is eating or how much is being eaten. To sit down and simply eat is often viewed as a waste of time.
Chaotic Unconscious Eater	Overscheduled life	Unplanned eating style, “Gulp ‘n’ go” when food is available.
Waste-Not Unconscious Eater	Free food	Eating drive is often influenced by the value of the food dollar.



How To Eat Mindfully

- http://www.youtube.com/watch?v=LpyxEwl_10A

Studies

- A recent study in Public Health Nutrition found that Americans do almost 50% of our eating while concentrating on something else:
 - Driving
 - Working/Studying
 - Watching TV



Studies

- **Research suggests that practicing mindfulness can help college students cope with stress and improve their mood.**





Reflection

- What are *environmental* barriers that disrupt mindful eating?

Barriers

- **Driving or walking**
- **Lack of time**
- **Noise**
- **Phones/computers/other electronics**
- **Judgmental attitude**
- **YOURSELF**



Activity



BREATHE



LOOK



TOUCH



HEAR



SMELL



TASTE





Reflection

- **Which of these steps do you normally dismiss?**
- **Did you notice anything about the food that you didn't before?**



Benefits

- **What are personal benefits that you feel you can receive from eating mindfully?**



Benefits

- **Become one with self and food**
- **Recognizing feelings of satiety**
- **Increased energy levels**
- **Become more in tuned with your body**
- **Find more enjoyment in eating**



Reflection

- **Which of the steps would you use to improve your mindful eating skills?**



Quiz

- **What is NOT a different term for mindful eating?**
 - a) Attuned eating**
 - b) Good eating**
 - c) Intuitive eating**



Quiz

- **Which of these is NOT part of mindful eating?**
 - a) Paying attention to how you feel.**
 - b) Being non-judgmental.**
 - c) Turning off all distractions.**
 - d) Eating while driving.**



Quiz

- **Which of the following is an example of environmental barrier?**
 - a) Watching television.**
 - b) Wearing a hat.**
 - c) Drinking water with your meal.**
 - d) Sitting in silence.**



Quiz

- **50% of Americans eat while doing something else.**

True or False

Quiz

- **Which definition defines “unconscious eating style”?**
 - a) Eating free food.**
 - b) Focusing on the taste of your food.**
 - c) Eating while doing something else at the same time.**
 - d) Eating because you’re hungry.**

REMEMBER, BE MINDFUL!

