

Eating mindfully increases the enjoyment of eating and it can do wonders for our health. Mindful eating is bringing awareness to the process of eating without judgement. Our top tips are:

1. Be present in the eating experience

- Pause. Take a breath. Are you rushed?
- Notice your surroundings. Are you distracted while you eat?

2. Notice your body cues

- Are the sensations in your body related to hunger?
- What are your thoughts/feelings/emotions? Are they triggering you to eat?
- Is your 'head hunger' different to your 'body hunger'?

3. Eat with intention

- What is the purpose for eating? E.g. to feel satisfied, to enjoy every mouthful, to nourish your body by eating a variety of foods
- Is this the food you want to eat? What is the best choice for you right now?
- Pay particular attention to the presentation, colour, aroma, texture, temperature and taste of the food

4. Enjoy all foods, without judgement

- Be curious. Instead of "I should/shouldn't eat certain foods...", try shifting the mindset to "Isn't it interesting that when I eat... I feel like..."
- Food is food. Yes, some foods have more nutrients than others, but there is no such thing as "good food" or "bad food" and these terms are not useful.
- Have fun with your food!

5. Reflect, non-judgementally

- What are you thinking and feeling after you eat?
- How does the amount of food feel?
- Are you full? Satisfied? Uncomfortable?
- Did you eat what you thought you "should" or what you really wanted?
- Remember there is no 'one size fits all' with eating