

# 7 Tips for Mindful Eating

Controlling how you eat can be as important to your health as what you eat. Here are seven tips for eating mindfully, which has been shown to cause weight loss, reduce binge eating and improve a general sense of well-being.



### 3 Notice what is on your plate:

Not being aware of what you eat can lead to overeating and weight gain. Notice the colors, textures and amount of food on your plate. Pay attention to the food's smell, taste and feel as you eat.



### 4 Chew thoroughly:

Chew slowly, chewing each bite of food approximately 20 times. Enjoy the bursts of flavor in your mouth. Think about how the food makes you feel.



### 5 Eat slowly:

Enjoy what you eat and improve digestion by not rushing through your meal. Digestion begins with chewing, and chewing and swallowing are the only parts of the digestion process you can control.



### 2 Breathe and relax:

Sit comfortably, take a few deep breaths and take a moment to be thankful for the food you're about to eat. This prepares the body for the rest-and-digest phase.



### 6 Stop when you are full:

It takes the brain about 20 minutes to recognize that you've had enough—another good reason to not rush through your meal.



### 1 Prepare to eat:

Emotions are tied to eating, so try to recognize them and how they affect your food choices.



### 7 Make eating a separate activity:

Eating while working, reading or watching TV can cause you to overeat and make poor food choices. Treat eating as a part of your day when you can nourish not just your body but your mind and spirit. Consider it another form of meditation.

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