7 Tips for Mindful Eating

Managing how you eat can be as important as what you eat. Eating mindfully has been shown to support healthy weight loss, reduce binge eating and improve a general sense of well-being. Keep reading to learn **7 tips for healthy eating**, from experts at Johns Hopkins HealthCare Solutions.
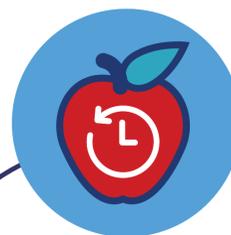
3 Notice what is on your plate:
Notice the colors, textures and amount of food on your plate. Pay attention to the food's smell, taste and feel as you eat. Not being aware of what you eat can lead to overeating and weight gain.

4 Chew thoroughly:
Chew eat bite of food slowly, 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 taking your time to eat your meal. Digestion begins with chewing, and chewing and swallowing are the only parts of the digestion process you can control.
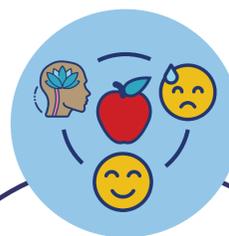
2 Breathe and relax:
Sit comfortably, take a few deep breaths and take a moment to be thankful for the food you're about to eat. This prepares the body for the rest-and-digest phase.

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 your emotions and how they affect your food choices.

7 Make eating a focused 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 your body, mind and spirit. Consider it another form of meditation.

Prepared by: Rose Wolfe, BSN, RN, OCN, ONN-CG, NC-BC

JOHNS HOPKINS
MEDICINE