



Mindful Eating


Many of us eat on the go – in our cars, at our desks, in front of the TV or with others at a restaurant. Whether you are grabbing a breakfast, eating a snack or sitting down to dinner, this exercise will help you tune into all the sensations while eating to make it a more meaningful experience.


This exercise will also help you become aware of the body's sensations while you eat.

1 
Pause for a moment and observe the food you're about to eat. Take a few deep breaths.

2 
Notice the food's color and shape. Does it look appealing to you? Notice how the food makes you feel: excited, reminiscent, happy or anxious.


3 
What does the food smell like? Think beyond general descriptors – does the smell remind you of anything? What emotions does it bring forward?

4 
Be aware of your intention to begin eating as you move to take a bite of food.

5 
As you take a bite of food, **notice the feeling** of the food in your mouth. How would you describe its texture? Is it heavy or light on your tongue?

6 
Begin chewing slowly. What tastes are you experiencing? Are there several different tastes such as salty, sour, and sweet?

7 
As you swallow, **become aware** of your body's movements as it moves the food from your mouth to your stomach.

8 
Pause before you continue to eat. How are you feeling? Are you full, still hungry or somewhere in between? Continue to eat mindfully, noticing as many sensations as you can.