



Mindful Eating Meditation

Webinar Handout

Overview of Mindful Eating

There are many ways we can practice mindfulness. Sitting and focusing on our breath is just one way. When we practice mindful eating, we are in tune with the full experience of eating. Similar to using our breath to help us stay centered, we can use food and the act of eating to help us stay present — while savoring our food more.

Mindful Eating Meditation

Bring your full attention to the piece of food in front of you. Notice the color. Notice if the light shines on it differently in different places. Notice if there are smooth or rough places. Pretend that you have never seen an object like this before.

Concentrate on every movement it takes to move your hand and arm so that you can bring the piece of food under your nose. Just hold the object under your nose and notice the smell.

Then slowly open your mouth and place the object into it without chewing or swallowing it. Just let it rest in your mouth and notice everything that is happening in your mouth. Do you notice a desire to chew? Do you notice impatience?

Begin to chew very slowly and mindfully, noticing the taste, your tongue movements, texture, changes in texture and taste. See if you feel the bits of food as they do down your throat. Repeat with another piece of food.

How To Be A Mindful Eater

Many people notice that when they eat mindfully, they enjoy their food more and eat less. Here are ways you can practice mindful eating at every meal:

1. Eat only when physically hungry.
2. Simply focus on eating. Turn the TV off, silence your phone, and focus only on your food.
3. Make conscious food choices by planning ahead and eating with balance and moderation.
4. Be aware of what, when, where, and how much you eat.
5. Be attentive to food colors and textures and how food smells and tastes.
6. Thoroughly enjoy your food each time you eat.
7. Be the slowest eater— take at least 15 to 20 minutes to enjoy your meals.
8. Stop eating once you have any signs that you are getting nearly full.
9. Eating mindfully does not mean being a perfect eater. It means that you are deliberately aware of the process and making *conscious* decisions — healthy or otherwise — about the food you are going to enjoy.