



WHY TRY IT?

If you're reading this, you are probably already curious about mindful eating. But, like most people, you may not have the time, energy, or commitment to see it through. Our efficiency-based culture often leaves little room for focusing on our food, but often at the cost of nourishing our body, mind, and soul. Ironically, we often work most efficiently when all these parts are well-nourished.

EATING WITH INTENTION

New trendy diets are often the go-to for health and weight loss, but good science rarely proves their efficacy, especially in the long term. Mindful eating is beautiful because it is more about a journey than a specific destination; yet some scientific evidence suggests that it may provide the means to meet our other goals - such as weight loss, mental health, or better quality of life.



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MINDFULNESS ORIGINS

Mindfulness has been an integral component of several cultures throughout the globe. But the popular modern approach derives mainly from three branches of Buddhist influence: 1) the breath-attention techniques of Tibetan Buddhism and *zazen*, a Japanese Zen

meditation practice; 2) and the Indian Buddhist concepts of *sati* - awareness, attention, and alertness; and 3) *vipassana* - insight cultivated through meditation. However, a cornerstone of Buddhist-based mindfulness practice

has been lost in translation, through time and space. Traditionally, the ritualistic/behavioral component of mindfulness, that is imitated today, was inextricably linked with ethical/moral philosophies put forth in daily practice - such as asceticism.



STOICISM

Researchers noticed similarities between mindfulness in Buddhist philosophy to Stoic philosophy of ancient Greece. The Stoics used contemplative practices that promote emotional regulation by not reacting to circumstances out of one's control. They also used techniques that resembled present-moment awareness.

Prep to Eat

- emotions affect food choices
- notice internal feelings
- consider food choices

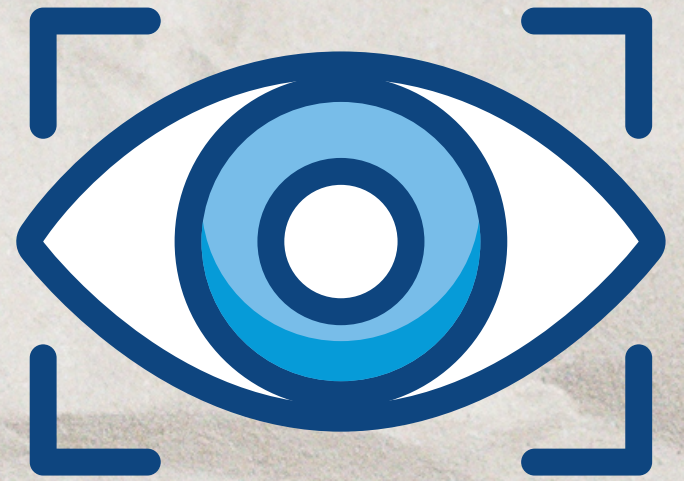


- use your senses
 - colors, textures, flavors, smells
- consider portion size
 - would a smaller plate be helpful?



Get in the Zone

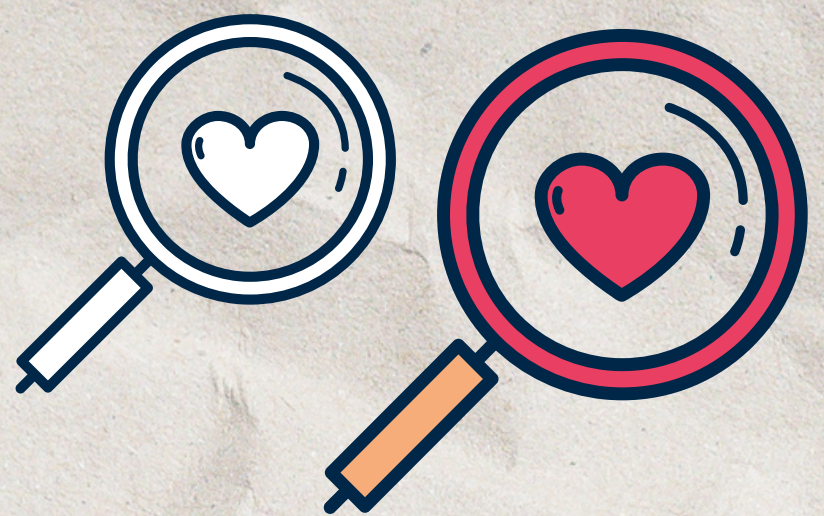
- find comfortable upright posture
- breathe deeply 3+ times
- practice food gratitude



Be Attentive

Pace your eating

- chew slowly and thoroughly
- enjoy sensations
- socialize when appropriate



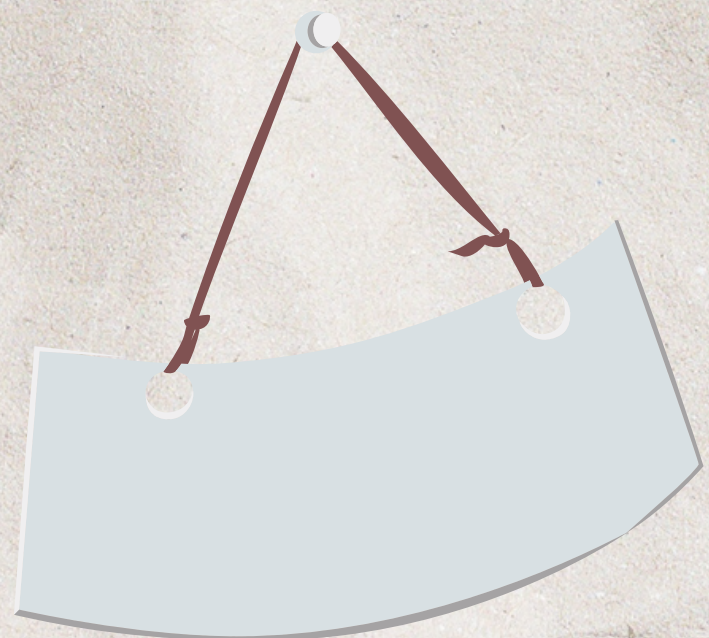
Notice Feelings

•Notice Feelings Of Fullness

- stop when you feel 2/3 full...
- Or before you feel bloated

•Avoid Distractions

- find a quiet place (if possible)
- turn off electronics
- focus on the moment/food





Think about if you are eating due to hunger or emotions.



Appreciate the time, energy, and resources that went in to your meal.



Eat **Slowly**. Chew multiple times and put down your fork in between bites.

Practice Mindful Eating with T.A.S.T.E.



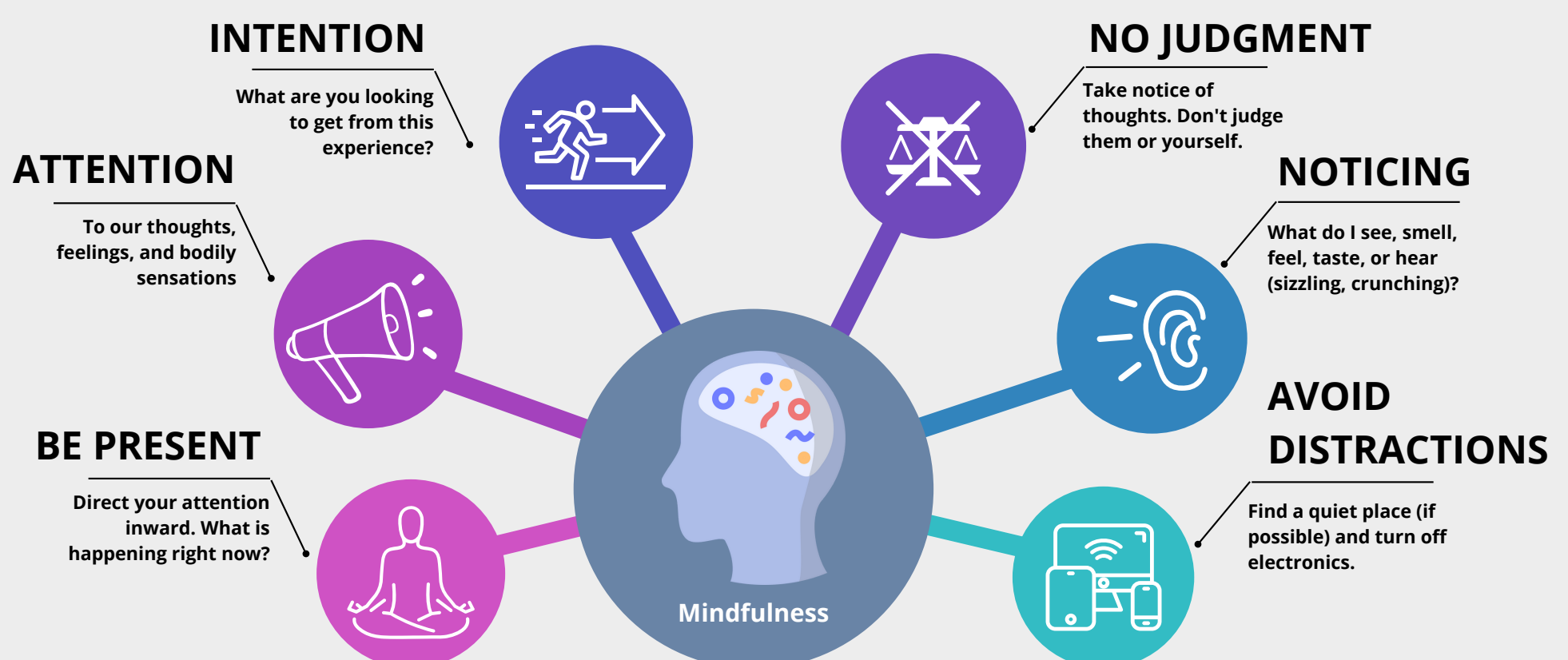
End your meal when you feel satisfied, not stuffed. This might not always mean a perfectly clean plate!



Take the **Time** to enjoy the flavors of your meal.



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MINDFUL EATING

"Mindful eating is an approach to food that focuses on individuals' sensual awareness of the food and their experience of the food. It has little to do with calories, carbohydrates, fat, or protein."