


Practice Mindful Eating

Mindful eating is when we slow down and are more aware of our senses while we eat.

It allows us to experience greater satisfaction when we eat. When we feel more satisfied, we often eat less. Practicing mindful eating can help us stay in touch with our bodies, make healthier decisions, and may even help us manage our weight. Even if you can't eat an entire meal mindfully, you can try to always start the meal with one mindful bite.

Try it out by following these steps:

1. Minimize distractions around you. Put your phone away. Turn off the TV.
2. Choose a small piece of food that you enjoy.
3. Look at the food. Notice the color, shape, and size of the food.
4. Smell the food. Take note of the smell and any memories that may come up.
5. Put the food in your mouth, but do not chew. Pay attention to how the food feels in your mouth.
6. Bite the food, chewing slowly. Really experience the taste of the food as you chew.
7. Swallow the food. Notice anything you feel in your body as the food goes down. How does the food make you feel?
8. Practice gratitude for the food and take time to think about how the food got to your plate.



Mindful eating means paying attention to what our body is telling us.

This includes being aware of when we are hungry and full.

One thing that I've learned or changed as a result of this class:

Plan meals and snacks for one day:

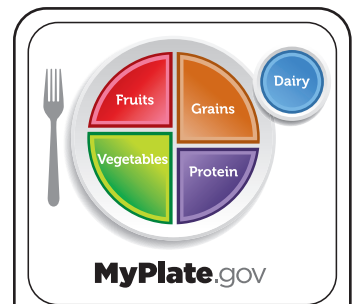
Breakfast

Morning snack

Lunch

Afternoon snack

Dinner



Don't forget!

Fill half your plate with fruits and vegetables.

Make at least half of your grains whole.

Try to include at least two food groups in each snack.

Funded in part by the USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance



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