

DR. JAIN'S METHOD TO MINDFUL EATING

Mindful eating is appreciating the entire experience of eating: how our body feels, hunger, fullness, satisfaction and all the sensations related to our food. Know that we eat to maintain our health and well-being.

ENJOY YOUR FOOD! Recognize that we are fortunate to have our food and share it with our dinner mates!

SAVOUR IT! Really taste it, eat it slowly. Pause between bites, even put your cutlery down. Take small bites. **It takes the brain 20 minutes to realize you are full, if you eat too fast, the signal that you are full may not come until you have overeaten.**

USE ALL YOUR SENSES! When eating, notice your food's smell, texture (the crunch!), flavours, colour, temperature, and how it makes you feel

ONLY EAT SITTING DOWN AT THE TABLE and always with food on a plate, not out of a bag, carton or wrapper. Serve food using the healthy plate model.

EAT TO 2/3 FULL, then have a drink of water/milk

Recognize emotional eating, as opposed to hunger eating. Emotional eaters tend to:

- eat more when stressed
- eat even when they are full
- eat to feel better or make food their friend
- reward themselves with food
- feel powerless or out of control around food

Check in with yourself before you eat, are you hungry? What part of you is hungry? If your stomach is not hungry - don't eat

Homework

- 1) Eat one meal a week mindfully and in silence, write it down in your food diary
- 2) Every time you eat, be mindful of the first 3 bites
- 3) Eat all your dinners with chopsticks for 1 week
- 4) Eat all your dinners with your non-dominant hand for 1 week
- 5) Eat an entire meal with a blindfold on
- 6) When eating at a restaurant try and guess what ingredients were put in the food

7) For one meal chew eat bite 20 times