

Eating Mindfully

It may sound silly, but “eating mindfully” really just means paying attention to what you’re eating and making intentional choices about what, when, and how much you eat.

Eating Mindlessly

To better explain what eating mindfully means, it’s helpful to consider the opposite: eating mindlessly.

- Most often we find ourselves eating mindlessly when our attention is on something else: our phones and the television are two common distractions.
- Eating this way, it is easy to finish an entire bag of chips before you realize what you are doing.
- When we eat mindlessly, we don’t take time to consider what we’re eating, our portion sizes, or even whether we’re actually hungry. This can lead to weight gain.



Eating Mindfully

When we eat mindfully, we take time to consider *what* we are eating, *how much*, and *whether* we are satisfied.

- When getting a snack, consider calories and choose an option that is tasty but still fits your plan.
- Portion out the food before sitting down to eat, to make sure you don’t eat more than you intend to.
- If you’ve had a tasty snack and finished your portion, stop to consider whether you are still hungry before getting another helping.
- If you are not hungry, stop eating! While there is nothing morally wrong with eating for pleasure, it does not help when you are trying to lose weight.
- If you do eat more than your weight loss plan, don’t consider the day “ruined” and binge. Take each decision one at a time.

