

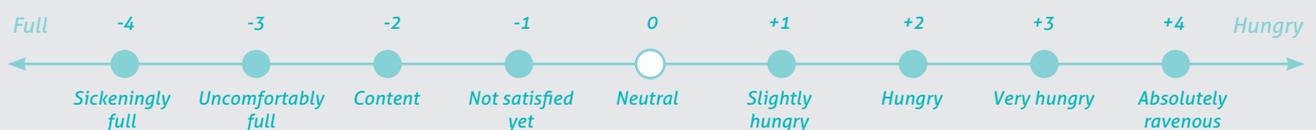


## MINDFUL EATING

- Mindful or intuitive eating is the practice of tuning in to your hunger and fullness cues and all of your body's senses (sight, smell, taste, texture, sound) before, during and after you eat.
- Mindful eating can help you to get more satisfaction from eating and develop a healthy relationship with food.

### Hunger and fullness scale

Before you eat, rate your hunger. Taking the time to do this can help you to identify if you're truly hungry, and if not, avoid situations of non-hungry eating.



- It is time to eat when you rate yourself as +2. You might feel like your stomach is empty or grumbling. If you get to +3 or +4, you may end up overeating because you are so hungry, so this should be avoided as much as possible.
- It is time to stop eating when you are at -2. Think of this feeling as about 80% full. Wait 20 minutes before eating more food and re-assess your hunger rating then.

### Mindful eating activity

If you are hungry enough to eat, sit down at a dining table with your snack or meal of choice on a plate. Don't eat out of a packet or container. Turn your phone, TV and computer off. As you start to eat, ask yourself the following questions:

Do this for a few mouthfuls. You don't have to do this for every single mouthful every time you eat, but the more you do it, the more it will help you to flex your mindfulness muscle. Aim to have one mindful mouthful each meal – it's a nice way to start a meal.

#### Look:

What does the food look like? Describe it as if you've never seen it before. What colour is it? Is it smooth or bumpy? What shape is it? Does it look appetising?

#### Smell:

What does the food smell like? Is it sweet or savoury smelling? What does it remind you of?

#### Taste:

Take a bite. What tastes can you identify? Is it sweet, sour, salty, bitter or savoury? Does it taste similar to anything you've eaten before?

#### Texture:

When you bite into it, what is your mouthfeel? Is it smooth or crunchy? Is it hot or cold? What happens to the texture as you start to chew and swallow?

#### Sound:

Is there any sound when you cut, chew or swallow the food? Can you hear crunching?