

# MINDFUL EATING

**Mindful eating is about being fully present and attentive to the experience of eating and drinking, both inside and outside the body.**

## **Eat Slowly and Without Distraction:**

- Take your time to chew your food thoroughly.
- Avoid distractions like TV, phone, or reading while eating.

## **Listen to Physical Hunger Cues:**

- Eat when you're truly hungry and stop when you're full.
- Avoid eating out of boredom or emotional triggers.

## **Savor Your Food:**

- Notice the flavors, textures, and aromas of your food.
- Appreciate each bite and the effort that went into preparing it.

## **Portion Control:**

- Serve smaller portions to avoid overeating.
- Use smaller plates and bowls to help manage portion sizes.

## **Be Grateful:**

- Take a moment before eating to express gratitude for your meal.
- Reflect on the journey of the food from its origin to your plate.

## **Engage All Your Senses:**

- Pay attention to the color, smell, and texture of your food.
- Notice how your body feels before, during, and after eating.

**Practicing mindful eating can help you develop a healthier relationship with food, improve digestion, and enhance your overall well-being.**



**GastroDoxs**  
—defenders of the digestive system—