

Eat With Me Train With Me

Week 8: Mindful Eating

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Week 8 mission

- ▶ Final Measurements & comparison to week 1



- ▶ Mindful Eating homework

Mindfulness

- ▶ Mindfulness = Awareness & Presence
- ▶ Awareness of one's own body functions, feelings and thoughts
- ▶ Paying attention from moment to moment in a non-judgmental way

What's this got to do with eating?

- ▶ How many time have you eaten something without a second thought?
- ▶ Have you ever “inhaled” a meal in just a few minutes?
- ▶ Do you ever eat even when you're not hungry?
- ▶ Can you remember what you ate yesterday?

Mindless Eating

- ▶ Non hungry eating = mindless eating

**Lack of mindfulness contributes to
unhealthy eating habits**

Mindful Eating

- ▶ Non-restrictive, intuitive eating
- ▶ Focus on **HOW** you eat, instead of **WHAT** you eat
- ▶ Asking yourself “Am I hungry?”
- ▶ All foods allowed so long as you are eating them mindfully

Mindful Eating

- ▶ Useful if you tend to restrict, indulge, feel guilty, binge, restrict again....
- ▶ Breaks the cycle of yo-yo dieting
- ▶ Puts you back in control, instead of food controlling you!

Hunger...

- ▶ Physical symptoms
 - Stomach rumbling, growling or grinding
 - Light headedness, low energy, shakiness or headache



Being mindful while eating

- ▶ Notice the **appearance** and presentation of the food
- ▶ Breathe in the **aroma** of the food
- ▶ Feel the various **textures** of the food in your mouth
- ▶ Notice the various **flavours** of the food
- ▶ Chew **slowly** and **enjoy** the textures and flavours

Always stop eating when you feel satisfied.

Go get a piece of food...

- ▶ What does it look like?
- ▶ What does it smell like?
- ▶ Take a bite & chew slowly....
 - Describe the texture...
 - Describe the flavour
- ▶ Eat it **slowly and enjoy!**

Q&A and feedback

- ▶ I want to know:
 - What's been good / bad?
 - What you've liked about this week?
 - What you've struggled with?
 - Do you have any questions??
- ▶ Use the message bar to send me a message or ask a question.