



# MINDFUL EATING CHEAT SHEET

Mindful eating is all about being fully present while you are eating. This process actually begins as soon as you start to gather the ingredients. Your saliva actually starts to prepare to break down the food as soon as you start to prepare the food. Mindful eating means making eating the food a full-body experience.

Here are some prompts to help you as you start out on your mindful eating journey.

## 1. **Have a single-pointed focus**

- a. Sit down in a pleasurable environment
- b. Turn off or put away any distractions (ex. phone, book, tv, etc.)

## 2. **Engage all 5 senses**

- a. **See:** What do the colours, shapes, textures, etc. look like?
- b. **Hear:** What does the food sound like (as you chop it, stir it, chew it, etc.)
- c. **Touch:** What does the food feel like as you chop it, cook it and eat it. What does it feel like in the mouth and as it moves its way through the digestive tract?
- d. **Taste:** What does it taste like? Can you use 2-3 adjectives to describe it?
- e. **Smell:** What does it smell like? Can you use 2-3 adjectives to describe it?

## 3. **Stay connected to your feelings**

- a. What did you feel like before you started eating (hint: this will help you start to get in touch with any emotional eating tendencies)
- b. What do you feel like during the eating process? Are you able to enjoy the meal? Are you really savouring it?
- c. What do you feel like after eating? Is there any guilt or shame? Are there certain expectations attached?

## 4. **Slow down your eating**

- a. Chew until the food becomes a paste
- b. In between bites, use the following techniques to slow down your eating:
  - i. Put utensils down
  - ii. Place hands over food
  - iii. Place hands on lap