

Blue Sky FHT Newsletter

Focus on Mindful Eating

June 1, 2017

What is Mindful Eating? - Principles of Mindful Eating

- Mindfulness is deliberately paying attention, non-judgmentally, in the present moment.
- Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.
- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.

Full list of Principles can be found at:

<http://www.thecenterformindfuleating.org/Principles-Mindful-Eating>

Mindful Eating Activity—Eating a Raisin

HOLD - hold the raisin in your hand. Pretend you have never seen this food before.

SEE - really examine the raisin, the groves, the bumps.

TOUCH - feel the texture of the raisin, is it squishy?

SMELL - while smelling the raisin, do you notice anything happening in your mouth or stomach.

PLACE - put the raisin in your mouth, don't chew yet, just feel the raisin in your mouth.

TASTE - I know the raisin is small, but chew it a few times and take note of the taste and texture in your mouth.

SWALLOW - detect the intention to swallow, experience this consciously before actually swallowing the raisin.

Adapted from Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn (2007). *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness*. New York: Guilford Press.



The Diet Cycle

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Does this sound familiar? Mindful eating is a different approach to healthy living without strict dieting. Interested in learning more about Mindful Eating? Ask for a referral to see one of our Registered Dietitians today.



Family Health Team
Équipe de santé familiale