

## Mindful eating is...



- » Deliberately paying attention to your experience of food and eating, without judgment.
- » Becoming aware in each moment, both internally (of thoughts, emotions, hunger, flavour and fullness) and externally (of the nutritional value of various foods).
- » Appreciating the difference between physical hunger and other triggers for eating, such as strong emotions, thoughts and social pressure.
- » Choosing to eat foods, as often as possible, that you enjoy and that nourish your body.
- » Experiencing the flavour of a food as it shifts and evolves from one bite to the next.
- » Noticing how fullness develops in your stomach and how you feel once you've eaten enough.
- » Using information about the nutritional value and energy of food to meet your personal needs and inform your choices of what and how much to eat.