Mindful Eating Practice

Deciding to Single-Task

- Setting aside all other activities, turning off devices to reduce distraction and stepping away from your work

Gratitude

- Take a moment to be thankful that you have this food to eat
- Acknowledge the people who may have been responsible for getting this food to you. This might be the person or people who
  - Planted it
  - Picked it
  - Packaged it
  - Prepared it
  - or other people on the food’s journey

Nature Appreciation

- Pause and recognize the connection between your food and the soil, the sun and the rain and thus your own connection to the earth, or mother nature

Experience Eating

- Use Your Senses
  - Lift up a piece of your food
    - Feel the weight of it
    - If it makes sense, touch it and turn it around in your hand
    - Look at it from various angles
    - Smell it, and pause to take in the scent of your food
- Notice Non-Judgementally
  - As you observe your food, notice any thoughts, sensations, or feelings that may arise. This might include feeling hungry, salivation, memories you have of this food, or perhaps preferences, or even thoughts about nutrition, health or weight
  - You may wish to reflect on these feelings or thoughts now or after your practice
- Eating
  - Place the food in your mouth and return your hands to your lap
  - Just hold your food in your mouth for a few moments without chewing
  - Turn it over, turn it around
  - How does this food feel in your mouth? Notice sensations
  - Now very slowly begin to chew
  - Notice the firmness of the food, the feeling of it against teeth, or other parts of your mouth
  - Notice the saliva and the process of chewing
  - Does the taste change as you chew?
  - As you get ready to swallow, notice what that process feels like
  - Swallow your food
  - Pause and notice any taste or sensation left in your mouth
  - Become aware that your body has taken in the weight and food energy of that one bite, or piece of food
Mindful Pause

• Before you take your next bite of food, pause, and notice any thoughts, sensations or feelings that arising
• Observe how you are making the choice about what you are eating

Finish eating your food with this same focused attention. Reflect upon your practice silently or in a journal.

For more on Mindful Eating visit