Mindful Eating

How you eat is just as important as what you eat!

With the beginning of the “Back to School” season and summer vacations ending, you may seem busier than ever. However, a busy schedule does not mean you have to compromise your health.

What is mindful eating?
Eating mindfully is being conscious of why and how you are eating, not just what you are eating. The research is clear: slowing down your meals does all sorts of good things for your body. Eating slowly creates actual biochemical changes that make you less inclined to overeat.

Mindful eaters:
- Are aware of what they feel, where they are and who they are with when they eat
- Avoid judgment and accept the choices they make—no “good” or “bad” foods
- Focus on the current meal or snack
- Use their five senses to pick (and savor) satisfying and nourishing foods
- Recognize their physical hunger and thirst signals

Tips for Mindful Eating

1. **Ask yourself**: “How hungry am I?” This allows you to eat until you are satisfied, instead of starving or stuffing yourself.
2. **Avoid multitasking**: Wherever you are, stop and take a break to focus on eating your snack or meal. Try to avoid eating at your desk, in your car, or in front of the TV.
3. **Take conscious bites**: Use all of your senses—sight, smell, taste, feel, and sound—to get the whole experience from your food.
4. **Get out of autopilot**: Maybe you are a creature of habit and often eat the same foods. Notice your eating habits and patterns to better recognize why and how you eat.
Food for Thought
Train yourself to begin and end meals based on hunger and fullness cues. Simply—eat when you are hungry and stop when you are full. Identify any personal triggers that result in mindless eating and be sure to feel good about experiencing food. When eating, make the effort to sit down, be thankful, and take it all in. Appreciate the nourishing capacity that food has and learn to value quality over quantity. Try this next time you eat a piece of chocolate or any of your favorite sweet treats:

“Sealed with A Kiss”

♦ Slowly unwrap a chocolate kiss.
♦ Smell it and enjoy the sensation.
♦ Place it in your mouth, but do not chew right away. Let it begin to melt on your tongue and think of any memories or thoughts this item may inspire.
♦ Let it melt completely or chew thoroughly before swallowing.
♦ Consider your thoughts and appreciation for that one small piece of food.
♦ Chances are you do not need another piece to be satisfied. Imagine if we ate everything this way!

Did You Know?

♦ On average, you have about 10,000 taste buds.
♦ The tastes you perceive are grouped into five categories: sweet, sour, salty, bitter, and umami (savory).
♦ When you eat, food molecules can enter the back of the mouth into your nose. (This may be why you cannot taste as well when you have a cold.)
♦ Your brain can imagine what food tastes like based on previous experiences simply by looking at food.

For more information and tips on eating mindfully visit:
http://thecenterformindfuleating.org

Did You Know?

♦ On average, you have about 10,000 taste buds.
♦ The tastes you perceive are grouped into five categories: sweet, sour, salty, bitter, and umami (savory).
♦ When you eat, food molecules can enter the back of the mouth into your nose. (This may be why you cannot taste as well when you have a cold.)
♦ Your brain can imagine what food tastes like based on previous experiences simply by looking at food.

For more information and tips on eating mindfully visit:
http://thecenterformindfuleating.org

"Learn to value quality over quantity.”
FALL 2014: FREE WEIGHT LOSS AND MINDFUL EATING PROGRAM

★ **New!** Join us for our updated (and free this Fall only!) “Healthy You” mindful eating program, now featuring six fun, informative classes, program manual, pedometer, weekly snacks, and gift cards. Why is it free? We need to pilot test it to make sure it meets the needs of you, our clients. Join us for a life changing experience that encourages mindfulness, healthy living, behavior change and more, with proven weight loss results. Developed by registered dietitian nutritionists.

Wednesdays: October 15th, 22nd, 29th and November 5th, 12th, and 19th from 6 - 7 pm
Thursdays: October 16th, 23rd, 30th and November 6th, 13th, and 20th from 4 - 5 pm

Call soon to see if you are eligible; registration required by October 1, 2014

SPRING 2015: 2 GREAT PROGRAMS FOR A HEALTHIER YEAR

★ **Dining With Diabetes** returns with 4 weekly classes that combine nutrition information and social support with meal planning and cooking skills practice. Dinner included each week in addition to program manual and pedometer. This program is especially helpful for anyone with pre-diabetes or type 2 diabetes. Taught by registered dietitian nutritionists.

Thursdays: January 29th and February 5th, 12th, and 19th from 5:30 7:30 pm
Cost: $100 for complete series

★ **New and improved** “Healthy You” returns with 6 weekly classes that include weight loss, mindful eating and nutrition information. Participants receive program manual, pedometer, weekly snacks and prizes, and social support. Developed by registered dietitian nutritionists.

Wednesdays: March 25th and April 1st, 8th, 15th, 22nd, and 29th at 4pm
Cost: $100 for complete series

Classes fill up fast, so sign up online or call soon to reserve your spot!
www.nutritioncenter.colostate.edu or (970) 491-8615