Mindful Eating

Take a moment to consider all the reasons you eat. Be honest with yourself. How many of those reasons have to do with making sure you eat the right amount of nutrients your body needs? Now, how many of those reasons have nothing to do with what's in the food at all? It's common to eat foods that we're used to, taste best, or that smell good. Eating often becomes such a routine that we don't think about what or how much we're eating at all. Here are some things that will help you stay mindful of what you put in your body and make sure you don't eat more than you need.

Remove phones, laptops, and TVs from sight.

Electronics distract us from what we're doing. Try listening to relaxing music or talking to someone during a meal.

Consider how you're feeling before you eat.

If you want to eat because you're angry, sad, tired or bored, stop and try something that will make you feel better. Eating won't! Eat when your body tells you to eat, not your emotions.
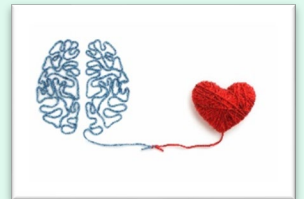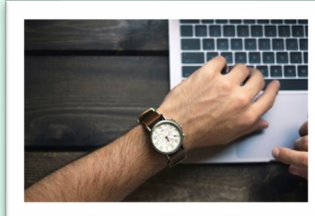

Don't eat straight from the package.

Look at the serving size on the package, then decide how much you will have before you sit down to eat.

Eat around the same time each day.

Eat regularly throughout the day and stop slightly before you feel full.

Take your time.

Chew slowly and really taste the flavors. This makes eating more pleasant. It also allows time for food to reach your stomach and signal to your brain you're full before you overeat.

Sit at a table to eat.

It's easy to make poor choices when we're running out the door or sitting in traffic. Take time for yourself to sit, appreciate the food you have, and enjoy.

Delicious Eating for Life in Southern Homes
Delish