

Enjoy Every Bite: Intuitive & Mindful Eating

Intuitive eating is an "anti-diet" focused on building a healthy relationship with food and your body. **Mindful eating is one small part of intuitive eating.**

Mindful Eating is when you pay attention to how you feel and listen to your body as you choose and enjoy your food.

What are the Benefits?

- ✓ Helps reduce stress and anxiety
- ✓ Promotes healthy eating habits by helping you know when you are hungry or full
- ✓ Helps you enjoy every bite of your food
- ✓ Allows you to eat what you want without having "food rules" or guilt about what you eat
- ✓ Embraces what works best for you, not others
- ✓ Helps you focus on your hunger and fullness signs

Did you know?

Healthy eating is more than just **what** you eat. It is also about how you think about food so you **value your body's needs and signals.**



Enjoy!

How to Use Mindful and Intuitive Eating

- ✓ **Slow down while you eat.** Take small bites, chew more slowly, and put your fork down between bites.
- ✓ **Turn off distractions** such as TV, computer, tablet or phone during meal times.
- ✓ **Pay attention to your body.** What is it telling you? Are you hungry or are you full? When you feel hungry, eat. Pause and listen for your body to signal that you are no longer hungry.
- ✓ **Choose foods that you enjoy** and this will help you stay full.
- ✓ **Be careful with emotional eating** out of boredom or sadness, or overeating to the point of feeling too full.
- ✓ **Think about your choices daily.** What have you been doing well and what can you improve?
- ✓ **Throw away diet books** and magazine articles that promise quick weight loss or results.
- ✓ **Do not label certain foods as 'good' or 'bad'.** This will decrease feelings of guilt after having something you enjoy.
- ✓ **Focus on how exercise makes you feel,** rather than the calories burned during the exercise.
- ✓ **Choose foods that promote health, taste good, and make you feel good.** Pay attention to the colors, smells, tastes, and textures of the foods.

