

# Savor The Joy of Eating!

Mindful eating can support a healthy relationship with food. Use your senses when you eat.

It will enhance the flavors of your food, improve digestion and be more satisfying.



## Here are some ideas to help you practice mindful eating:

- **Sit down. Breathe. Center yourself.** Connect with gratitude. Make a choice to be present. Look at the food you are about to eat.
- **Create stillness.** Remove distractions. Dedicate at least part of the meal to silent enjoyment of your food, even if just the first bite or two. After all, the first bites are the most flavorful!
- **Connect with your body and emotions.** Are you physically hungry? Emotionally hungry? How are you feeling?
- **Open up your senses.** Notice the aromas, colors and textures of the food you are about to eat. Explore it as if it was the first time you've tried it. Now taste it. Notice how your whole mouth comes alive with your first bite. Notice the sounds you make as you chew. Notice when it's time to swallow.

What did you learn from just this one bite? From more bites? Try to use descriptive words such as “sour” or “spicy” rather than judgments such as “good” or “bad.”