# Mindful eating

is deliberately paying attention to food in a nonjudgmental way. It involves tuning into your senses as well as hunger and fullness cues to nourish and satisfy the body through a positive eating experience. Mindful eating can lead to improved self-esteem, strengthened immune system, and less overeating.

Basic principles of Mindful Eating:

- **Awareness.** Bring your full attention to the food in front of you so you are mindful of every bite.

- **Savor.** Notice the taste, smell, texture, and feel of the food before and while you are eating. Describe it to yourself as you eat.

- **Nonjudgment.** Avoid grouping foods as good or bad. Appreciate them and enjoy eating each one.

- **In-the-moment.** Be fully present when you eat. Turn off the TV, step away from the computer, and ignore your phone.

- **Observe.** Pay attention to physical hunger and fullness cues. Evaluate and respect how hungry you are and what you are hungry for. Notice how foods affect you in different ways.
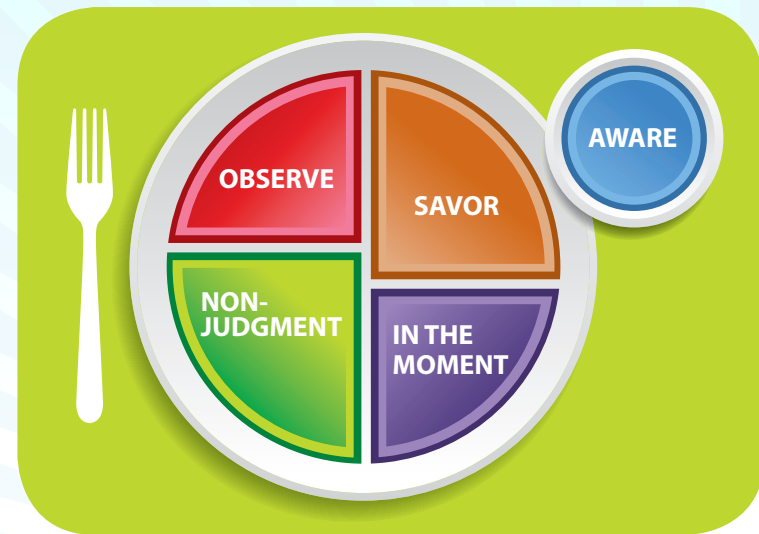
Questions about Nutrition? Schedule a free nutrition consult! Meet one-on-one in a confidential setting to discuss any nutrition-related goals or questions. Schedule online at **bit.ly/HPWNutrition**.

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