

# MINDFUL EATING



# What does mindfulness mean?



Mindfulness is an **intentional focus** on one's thoughts, emotions, and physical sensations in the present moment.

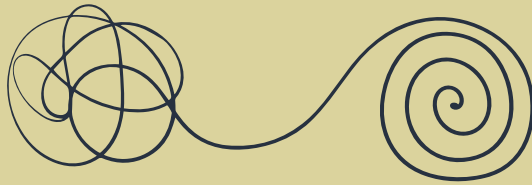
# Eating mindfully

Eating mindfully means that you are using all of your physical and emotional senses to experience and enjoy the food choices you make.



It also increases awareness of your thoughts, senses and feelings during and after you eat.

It's a way to honour the food by acknowledging where it was grown, who prepared it and how.



## HOW TO:

Eat small bites and notice the sounds, colours, smells, tastes, and textures of the food and how you feel when eating. Pause periodically to engage these senses.

Attention is paid to the chosen foods, internal and external physical cues, and your responses.



Intervention studies have shown that mindful eating can effectively treat **unfavourable eating behaviours**, such as **emotional eating and binge eating**, which can lead to weight gain and other health issues.



Mindfulness addresses shame and guilt by promoting a **non-judgmental attitude**. It also distinguishes between emotional versus physical hunger cues, which can improve one's ability to cope with psychological distresses.



Eating mindfully is a way to enjoy food whilst having a higher-quality diet. It encourages positive eating behaviours and healthy eating choices as **you choose nourishing and satisfying foods to your body.**

Research has shown that mindful eating can lead to greater psychological wellbeing, increased pleasure when eating, and body satisfaction.



Becoming more aware of our eating habits creates behaviour changes that will benefit **personal and environmental health.**



Combining behavioural strategies such as mindfulness training with nutrition knowledge can be a great tool to treat patients and **reduce the risk of chronic diseases.**

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