

### **Recommendations for Establishing A Mindfulness of Eating Practice:**

- Mindful eating is about opening the mind's awareness to our food and to our body, before, during and after we eat.
- Mindful eating is nonjudgmental.
- Awareness is the key to change. Once we are aware of something, it cannot remain the same. Awareness plus small changes in our automatic behaviors can produce large changes over time.
- Learn to assess stomach and cellular hunger before you eat, during a meal and after you eat.
- If you are not hungry, don't eat.
- Be present for at least the first three bites or sips as you begin to eat or drink.
- Eat small portions, considering "right amount." Serve yourself an amount of food that will leave you two-thirds full. Drink water.
- Eat slowly, savoring each bite. Find ways of pausing as you eat, such as putting down your fork or spoon between bites.
- Chew your food thoroughly before swallowing.
- Become aware of the differences between "no longer hungry" and "full."
- Mindful eating includes mindless eating. You choose when it is appropriate.
- Notice what foods change your mood.
- Notice when it is the heart that wants food, not the stomach. The nutrition you need may not be food, but a walk, a session of yoga, listening to music, etc.

### **Resources:**

"Mindful Eating" by Jan Chozen Bays, M.D.

"To Cherish All Life" by Roshi Philip Kapleau (free PDF booklet)

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