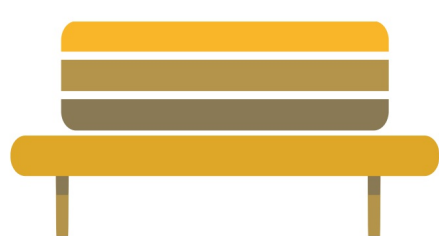


A GUIDE TO MINDFUL EATING

3 SIMPLE STEPS TO A POWERFUL PRACTICE

1 Settle Down



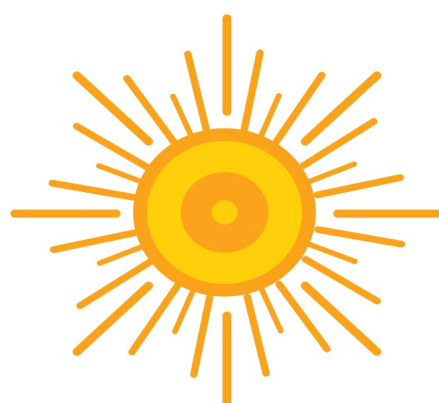
- Gather your food.
- Turn off distractions.
- Get comfortable.
- Close your eyes.
- Set a timer between 5-30 minutes.

2 Calm Your Mind



- Pay full attention to eating.
- Don't talk.
- Focus on color, smell, taste, texture.
- Go slow. Chew 30-50 times before swallowing.

3 Deeper Contemplation

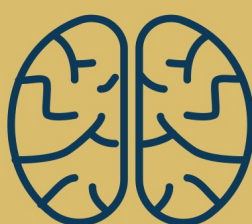


- Take this time to reflect on the sources of your food.
- Where did your food come from? How did it get where?
- How many people worked to grow, package, prepare your food?
- What natural elements infuse your food?

Why Eat Mindfully?



Develop healthy eating habits & even lose weight



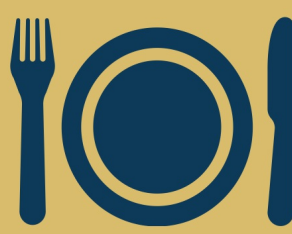
Expand (literally!) your brain and awareness



Deepen your connection to the world



Focus on the positive and feel happier

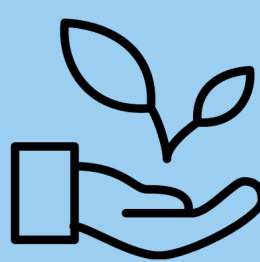
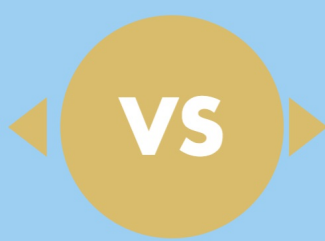


Enjoy your food and meals more



Mindless Eating

- Eat more than you want or need
- Eat without tasting or enjoying the experience
- Choose less tasty or healthy foods
- Lose touch with your body
- Feel disconnected from the natural world, anxious, stressed



Mindful Eating

- Not overeat
- Enjoy your food
- Choose flavorful, healthy foods
- Feel aware of how food affects your body
- Experience a sense of connectedness and gratitude to the world, calm, peaceful



Can't Find the Time?

Remember: You can derive the benefits of mindfulness by practicing with any routine. Apply the same mindful techniques of concentration washing dishes, mowing the yard or folding clothes.

SOURCE

UVA Contemplative Sciences Center | uvacontemplation.org

See more at uvahealth.com/mindfuleating