

# EASe-GAD Mindful Eating



## What is mindful eating?

- Being aware and present when you eat
- Noticing each bite
- Using your senses to observe the food (taste, texture, smell, temperature)
- Noticing habits that influence your eating habits
- Noticing your hunger level
- Savouring and enjoying food

## What is Mindless eating?

- Eating when you are bored, stressed, anxious, happy etc. (but not truly hungry)
- Eating while watching TV
- Eating because food is there or looks good
- Zoned out eating

## The Raisin Exercise:

- Notice as much as you can about the **LOOK, SMELL, FEEL, TASTE, TEXTURE** as you can!
- Notice thoughts or emotions that arise
- Chew slowly and notice the experience of swallowing
- Try bringing this attention to one meal that you eat every day

## Remember: PAUSE!

**P – Present:** be present while eating, sit down and give it your full attention

**A – Awareness:** bring your awareness to your level of hunger

**U – Understand:** how are feelings impacting food choices?

**S – Savor:** smell, taste, listen to each bite

**E – Enjoy**

## Tips for eating slowly:

- Eat with your non-dominant hand or use chopsticks
- Take a few deep breaths or express gratitude before beginning a meal
- Sit down at a table and avoid distractions



**CCNM**

**CANADIAN  
COLLEGE OF  
NATUROPATHIC  
MEDICINE**