



## Mindful Eating ... Your Rule Book!

Some advice you must heed from me to make this work!

1. Eating mindfully requires both focus and action.
2. It means you have to STOP what you're doing, hop off the crazy conveyor belt of life and be fully present with your experience... in the moment as the gurus (and I) say!
3. When you sit down to eat your breakfast, lunch, dinner, or even a snack for that matter, your body and mind are both present.
4. There are no distractions – NONE! NADA! NOTHING!  
For the moment it's just you and your meal.

So here are my easy to follow principles to mindful eating:

Something makes you think of eating food...

1. Check if you are hungry. To do that you need to ensure you are in tune with your true physiological hunger signs - not because the clock says 1pm or you are stressed and need to feed that stress.

Have a glass of water first. Sometimes your body is thirsty and it will present to you as a hunger feeling. Rule this out with a glass of water; if after a few minutes you're still hungry go to the next point. If you're no longer hungry –yeaaa move away from the kitchen and get on with life.

2. So if you're truly hungry, then rejoice, hunger is your friend not your foe. It is your body's signal that you need to refuel.

3. Think of a couple of food choices you'd like to have and toss those ideas around in your head thinking which one do I really want? How's it going to taste? Is it going to make me healthier? Etc.

4. Make a decision - choose the food option you want the most, taking the time to prepare it and present it thoughtfully.

5. Sit down to eat, clear all distractions – no mobile/TV/computer/iPod/newspaper/homework/Steering wheel!

6. Take a deep breath x3, anticipate the food, look at it, smell it and then take that first bite. One mouthful at a time...slowly. Really taste the flavours and don't swallow it until the food has been chewed well (20-25 times min!)

7. Put your knife and fork down between mouthfuls, rest, be aware of how you are feeling, how your stomach is feeling - where are your hunger levels?

8. When you are half way through your meal, stop eating and really check in to how you're feeling, are you still hungry... or feeling satisfied?

9. The optimal place I want you to find your self is this - do as the Japanese do - eat only to your 80% full or "elegantly satisfied" as your grandmother used to say – not full or stuffed! How do you do this? When you are 3/4 of the way through your meal, put your knife and fork down, push your plate away, wait a couple of minutes. Be aware. You'll probably find that your hunger's gone, you are satiated, you haven't reached that feeling of fullness and that's OK – you're content, happy and have enjoyed your meal thoroughly.

**Note:** If you've hit that full feeling you have gone too far- BOOM you have eaten more than your body wants or needs!

10. You've finished your meal, so enjoy the moment. The food has nourished you, you're refueled, go and live life!

Now get excited about the fact that you've eaten less but it enjoyed it so much more.

With thanks to my guest, Caroline Silk



<http://www.carolinesilk.com/>

<https://www.facebook.com/thebalancedapproach/>