

Mindful Eating

Satisfy mouth hunger with fewer bites

Food provides us with energy and nutrients needed to survive. Food also gives us tremendous pleasure. Food can stimulate all of your senses –

- The variety of bright colours presented in a fruit platter delight your sense of sight.
- The sound of bacon sizzling in the frying pan excites your sense of hearing.
- The smell of freshly baking bread may make you sigh with pleasure.
- The smooth, creamy texture of chocolate mousse on your tongue provides luxurious 'mouth-feel' satisfying your sense of touch.
- And of course, the endless number of different flavours in the foods we eat will arouse your sense of taste.

You could say that this describes 'mouth hunger' - the time when you are eating for pleasure. Did you know that mouth hunger is usually satisfied with the first few bites of the food? This is when you experience the most intense pleasure. Your senses become less excited and satisfied as you continue eating.

You can also heighten the eating experience if you are completely focussed. You give your full attention to the food and the act of eating. This is described as 'mindful eating'.

Here are some guidelines that will help you eat mindfully:

- Give yourself a few minutes to completely focus on eating without any distractions. Eat very slowly, pausing between bites.
- Be curious. Imagine that you are eating the food for the first time and you are trying to learn everything that you can about the food.
- Be non-judgemental. Pretend that you are a news reporter listing facts about the food without adding in opinions, emotions, or advice.
- Practise mindful eating and learn how many bites of the food it takes to satisfy your 'mouth hunger' and then stop eating.