

# Food for Thought

## What is mindful eating?

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.
- Acknowledging responses to food (likes, neutral or dislikes) without judgment.



## Free quarterly newsletter of The Center for Mindful Eating

### Learning To Slow Down

Bob Wilson DTR and Megrette Hammond RD

Have you been absorbing too much information? Experiencing too many meetings, too many phone calls? Do you feel that you are on a treadmill running around in circles?

Perhaps you might benefit from taking a step back from the RUSH of your life. Right now, take a breath, and give yourself permission to create a quiet moment. In this space reflect on how the rush and stress of your life impacts your health, emotions and food choices. When you are rushed you may not be eating in a way that allows you to experience the bite in your mouth. When you eat, is your intent to eat as fast as you can, so you can get to the next task?



Often a fast-paced life prevents us from noticing the simple things about a meal: the color, taste, texture or even the effort it took to prepare it. Additionally, you may forget to check in to see if you are full or

when it is time to stop eating. People become accustomed to stress and at first it may feel difficult to eat in a more relaxed and paced manner.

It isn't hard to develop the HABIT of being rushed and harried. It takes patience and effort to change our habits. Consider using your next meal time as a way to practice slowing down and enjoying the bite in your mouth. Take a breath, notice sensations and reflect over several bites. Enjoy!

### Internet Resources

#### Mindful Eating

[www.tcme.org](http://www.tcme.org)  
[www.mindfuleating.org](http://www.mindfuleating.org)  
[www.mindfulpractices.com](http://www.mindfulpractices.com)  
[www.eatingmindfully.com](http://www.eatingmindfully.com)  
[www.balancedweightmanagement.com](http://www.balancedweightmanagement.com)  
[www.med.umich.edu/umim/clinical/pyramid/index.htm](http://www.med.umich.edu/umim/clinical/pyramid/index.htm)

#### Body Image

[www.beyondhunger.org](http://www.beyondhunger.org)  
[www.bodypositive.com](http://www.bodypositive.com)  
[www.hugs.com](http://www.hugs.com)  
[www.healthybodyimage.com](http://www.healthybodyimage.com)

#### Inspiration

[www.getinspired.org](http://www.getinspired.org)  
[www.gratefulness.org](http://www.gratefulness.org)

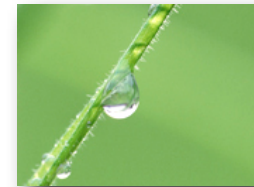
#### Meditation

[www.tcme.org](http://www.tcme.org)  
[www.learningmeditation.com](http://www.learningmeditation.com)  
[www.wccm.org](http://www.wccm.org)

### Drops Of Wellness

Bob Wilson DTR and Megrette Hammond RD

When drops of water fill a jar, the first drop does not fill it, nor the last, nor each drop individually. Yet, eventually, the jar fills up due to all the drops together!



The same is true for health. There is no single food or

exercise that makes you healthy. If you want to experience health, you have to do **many things** that promote health.

When we group these individual things together they form our intent. A person's intent can be thought of as an invisible force that creates direction and helps generate motivation.

Part of changing our health is seeing how our daily actions are like those drops of water. Over time they mold our bodies and minds into who we are, right now.

So pause and reflect, not in a critical or harsh way, but with a loving curiosity about your choices today. Ask yourself "What am I doing to create a healthy intent?"

Begin to explore any feelings of health and well being resulting from your choice. **Awareness** of the moment is the key to find out which choice helped you and which choice you can let go of. Over time this awareness helps you to make decisions for a life that is well lived!