**Tips for Mindful Eating:**

- Eat at the table
- Set the table and make each meal an occasion
- Chew your food *slowly* and *savor* each bite
- Wait 20 minutes before getting seconds
- Put your fork down between bites
- Have an afternoon and/or evening snack if hungry
- Eat with minimal distractions
- Make your plate a work of art—include a variety of colors and textures. Admire your creation!
- Eating is a pleasure... *ENJOY IT!*

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**The Joy of Eating**

Do you feel like this...

...but want to feel like this?

**Become a Mindful Eater!**

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2009-2010 Dietetic Interns

The Dietetic Internship Program at Vanderbilt

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Three Steps to Mindful Eating:

1. Tune in to the physical characteristics of food:
   - Make each bite a mindful bite
   - Pay close attention to all your senses
   - Gauge the temperature
   - Take a deep whiff of the aroma

2. Tune in to repetitive habits and the process of eating:
   - Do you put your fork down between bites?
   - Do you eat the same foods over and over?
   - Do you multitask while eating?

3. Tune in to mindless eating:
   - Be keenly aware of specific cues that prompt you to start eating and stop eating
   - Does a hard day or other feelings lead to a food binge?
   - Become an expert on the emotional triggers that lead you to eat when you are not physically hungry

Questions to ask yourself:
Are you......

- Hungry?
- Tuned in to your hunger and appetite?
- Focused on the food and how you feel as you eat?
- Aware of the aroma and savoring of each bite?
- Chewing thoroughly and concentrating on the taste, texture, and temperature?
- Checking your level of fullness and degree of satiety?
- Relaxed and comfortable as you enjoy the eating experience?