School Health Note – Mindful Eating

What is Mindful Eating?

Mindful eating is being aware of everything that surrounds your eating habits. It includes recognizing the why, where and even the how you eat. It makes you look at food differently, giving you tools to make food a positive experience.

Steps you can take

- Use your senses… sight, touch, smell, hearing and taste to explore your food. Take your time when eating and pay attention to your food. Recognize the food that you like and dislike.
- Surround yourself with friends and family. Food is meant to be shared with people.
- Stay away from distractions at mealtimes and focus on your food.
- Be aware of what your body is telling you. Know if you are still hungry or if you are full. This will help you establish when it is time to stop eating.
- Identify the times of the day where you feel the hungriest. Compare them to the times you normally eat. Are you eating because you feel hungry or because you are bored?

There are so many ways to be more mindful of your eating habits. If you are unsure of where to begin, those steps can give you a taste of what Mindful Eating is. Start with something simple and share the experience with your family. If you have any questions regarding Mindful Eating, consult a dietitian at your local Public Health office.

School Health Note provided by Kim Martin, Dietetic Intern

Resource used: Canada.ca/Food-Guide