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A Simple Guide to Mindful Nutrition

WHAT IS MINDFUL NUTRITION?

Mindful nutrition is the practice of being present, curious and kind with your meals.

Present

Pay attention with your senses. Notice each one individually. How does your food smell? What does it look like? How does it taste? What does it feel like in your hands, on your lips and in your mouth? What sounds do you hear on the plate, or as you chew?

Curious

Be interested in your food. Where did it come from? How did it make its journey to your plate? What stops did it make along the way? Who was involved? Picture a seed becoming a sprout, a blossom, a vegetable.

Kind

When we eat mindfully, we do not judge foods as good or bad. We appreciate the food that we have and the source that provided it for us. We recognize that every food we eat is a personal choice and we honor the choice that we've made for this particular meal.

BENEFITS OF MINDFUL NUTRITION

When we eat in a mindful manner, we experience better digestion, reduced incidence of over-eating, more enjoyment of our food and ultimately, more enjoyment in our lives.

Learning to be mindful with food teaches us to:

- ✓ Slow down
- ✓ Tune in
- ✓ Chew thoroughly
- ✓ Refocus when our mind wanders

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IMPORTANT TIPS

- ✓ Start with tuning into a few senses at one meal.
- ✓ Start with being mindful for one minute at your meal and work up to five minutes over time.
- ✓ Forgive yourself when you lose focus. This is a learning process. All habits take time to build and develop.

Utilize this worksheet as a guide to becoming more mindful at your meals.

Before You Begin Your Meal

What colors do you see?	
What do you smell?	
Where did the food come from?	
How was it prepared?	

Put One Small Bite of Food on Your Utensil

What does it look like?	
What does it smell like?	
How does it feel on your lips?	
How does it feel in your mouth?	

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Place the Food in your Mouth; Begin Chewing it Slowly and Thoroughly

What is the temperature?	
What textures do you feel?	
Where do you feel them?	
What flavors do you taste?	
How long do you have to chew it before it becomes a liquid?	

As You Swallow

Where do you feel it?	
Can you follow the food down your throat?	

After Your Meal

How do you feel?	
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Write a few reflections on mindful eating:
