

MINDFUL EATING EXERCISE



1 Eliminate distractions

Sit down at the table for your meal/snack. Turn off all electronics (T.V., phone, computer). You may play some soft music in the background if complete silence generates any uncomfortable feelings.



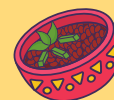
2 Look at your plate

Notice the shapes and colors of your food. Are they similar/different colors? What does the surface of the food look like? How would you describe it to someone else? What thoughts are you having about the food?



3 Feel the food

Pick up a piece of the food. How does it feel between your fingers? Squish it. Is there a difference between the surface of the food and the inside? What thoughts are you having now about the food?



4 Smell the food

What does it smell like? Can you distinguish the aroma of different items on your plate? Are you having any thoughts about liking or disliking this food? Do you notice any sensations in your body?



5 Take a bite

Take a bite of the food, but don't start chewing immediately. Allow the food to sit on your tongue for a few seconds and notice the temperature and any taste. Now, chew the food. How does it taste? What is the texture like as you chew? Notice any body sensations as you swallow each bite.



6 Repeat

As you continue to eat, you may place your utensil down every few bites and savor the food. Continue to notice the temperature, taste and texture of the food. Does it change throughout the meal/snack? What thoughts are you having as you finish the meal/snack?

