



BONUS ARTICLE

To manage your weight, it helps to be mindful

A practice known as mindful eating can have a positive impact on weight management.

When you eat mindfully, you pay attention to what you are eating and the experience of eating, without judging it. This involves noticing:

- The physical sensations of hunger, and the color, smell, flavor, and texture of the food.
- The emotions that eating brings; what you like and don't like about the food. Don't judge your reaction to the food, simply notice it.



To eat mindfully, limit distractions at mealtime. Turn off electronics and take a moment to be grateful for the food and all who had a role in bringing it to your table. Eat slowly, savoring the food with all your senses.

To get used to eating mindfully, try taking small bites, chewing thoroughly, and eating slowly.

If you're eating with kids, and focusing is a challenge, zone in on one aspect of eating mindfully, such as concentrating on flavor.

Because mindful eating makes you aware of your hunger and fullness signals, it can help with portion control. It can also help you know when you're truly hungry, or if a craving is the result of boredom or a reaction to stress.

It takes about 20 minutes from the time you start eating for your brain to get the "I'm full" signal. Mindful eating creates more awareness of that signal and gives you the opportunity to fully appreciate the food you're consuming. ♦

3 questions to bring awareness

To make yourself more aware of what you're eating and how you feel, ask yourself:

1. Am I eating quickly or slowly?
2. Am I eating mindlessly, or am I noticing each bite?
3. Am I focused on my meal or am I multi-tasking?