

Weight Loss & Wellness

STEP 8 MINDFUL EATING



***Conscious eating is a big step
toward conscious living.***

-Dr. Matthew Kulka

What Is Mindful Eating?

Mindful eating is the process of paying close attention to what we eat. It has little to do with calories, carbohydrates, or fats but rather focuses on the process of eating itself. For example, how often have you sat down to eat, quickly consumed a meal, and then gone on to dessert? In these moments, we don't slow down to think about how our belly feels or whether we feel satiated.

In comparison, mindless eating is the process of eating when we are distracted or when our emotions manipulate us to eat. Mindful eating is the deliberate process of choosing healthy options while eating when we feel hungry or have just expended lots of energy. Mindful eating places food as an important end in and of itself, not some quick way to feel pleasure or fill up our bellies. Let's compare the differences between mindless eating and mindful eating below.

Mindless Eating

- Ignoring when our body tells us we're full.
- Eating socially when we're not hungry.
- Snacking when you feel bored or anxious.
- Scarfing down food while we're busy or multitasking.

Mindful Eating

- Eating slowly, so we give our body time to tell us we're full.
- Eating at regular times during the day to allow our bodies to adjust.
- Eating nutritionally beneficial foods.
- Consciously being aware of where foods come from and their effects on our bodies.

Next: How to Practice Mindful Eating ►



***Greater awareness of self breaks
the emotional attachment to food.***

-Dr. Matthew Kulka

Practice Mindful Eating

- Think about why you want to eat. Are you really hungry? Or instead are you thirsty, or eating emotionally?
- Savor your food. Allow for space between bites.
- Drink lots of water before meals.
- Savor the taste of food as you eat.
- Cook and prepare your own meals.
- Create a relaxing atmosphere as you eat.
- Don't multitask while you eat.
- Sit at a table and be conscious of your meal.
- Think about how the food will make you feel and benefit you.

Your Eighth Steps

- Be conscious of what you eat.
- Become conscious of the ingredients you cook and how that impacts your health.
- Eat food more slowly and purposefully.
- Allow your body time to feel full and tell you when to stop eating.
- Make meals an end in themselves.
- Avoid multitasking or being distracted while you eat, as you'll eat more.



Reviewing Your Steps

Step 7

- Exercise every day!
Drink an adequate amount of water before meals and throughout the day.
- Be mindful of your calories burned and eaten.
Don't out eat your efforts.

Step 6

- Increase protein intake from natural foods.
- Vegetables, Whole grains, Nuts, Seeds, and Fish.

Step 5

- Choose healthy unsaturated fats - Polyunsaturated and Monounsaturated.
- Avoid unhealthy saturated and trans fats.
- Continue to read nutritional labels.

Step 4

- Eat more plant-based foods - Complex Carbs.
- Eat less processed carbs - Simple Carbs.
- Read all nutritional labels.
- Keep "added sugars" as close to zero as possible.

Step 3

- Calculate your personal Metabolic Rate.
- Consume 300 fewer calories to create a caloric deficit = Daily Caloric Goal.
- Strive to move your body for 30 minutes everyday.
- Adjust your daily caloric goal for physical activity.

Step 2

- Being prepared.
- Plan all meals and snacks at least one day ahead.
- Plan today what you will eat tomorrow.

Step 1

- Stay on track with Time-restricted eating.
- Leave at least 3-4 hours from dinner until lying down to sleep.
- No snacks after dinner. Not even fruit or veggies. Water is ok.
- Eat for 10-12 hours per day. Fast for 12-14 hours overnight.

Remember

- Keep wearing your green bracelet for motivation.
- This is a process. It takes time to adjust to new things. Be patient.
- Consistency is key. Do your best to stay on track each and every day.