

Mindful Eating During the Holidays





Mindful Eating

What is it?	The practice of consciously and non-judgmentally paying full attention to the experience of eating, fostering a deeper connection with food and one's own body.
Why is it helpful?	Can lead to improved awareness of food choices, better portion control, reduced emotional eating, and a more positive and balanced relationship with food, contributing to overall well-being.
How can I use it?	Practice by consciously slowing down and being fully present during meals, leading to a more positive and balanced relationship with food.

3 Mindful Eating Tips

<input type="checkbox"/>	Savor Each Bite: Take the time to truly taste and enjoy your food by chewing slowly and paying attention to the flavors, textures, and aromas.
<input type="checkbox"/>	Eat Without Distractions: Avoid eating in front of the TV, computer, or phone; focus solely on your meal to better understand your body's hunger and fullness cues
<input type="checkbox"/>	Listen to Your Body: Tune in to your body's signals for hunger and fullness, and eat when you are genuinely hungry, stopping when you feel satisfied rather than overly full.

Balanced Nutrition

 <p>Proteins</p>	 <p>Carbs</p>	 <p>Fats</p>	 <p>F&Vs</p>
<p>Help keep us fuller for longer and have greater satiety after meals</p>	<p>Help us meet our fiber requirements when whole grain, and give us energy</p>	<p>Lead to greater satiety after meals and help with hormonal health</p>	<p>Provide us with many vitamins, minerals, and antioxidants</p>
<p>Chicken, fish, eggs, lentils, beans</p>	<p>Rice, whole grain bread, potatoes</p>	<p>Avocado, nuts and seeds</p>	<p>Grapes, spinach, apples, pears, asparagus</p>

Remember to:

<p>Holiday To-do's</p>	<p>Done?</p>
<p>Eat mindfully and enjoy your food and time with family and friends. Use mindful eating techniques to have a pleasant mealtime experience.</p>	<p><input type="checkbox"/></p>
<p>Make complete meals in order to stay satisfied, avoid mood swings/ stress, and have enough energy to be present.</p>	<p><input type="checkbox"/></p>
<p>Stay hydrated and move your body in ways that feel good to you!</p>	<p><input type="checkbox"/></p>