

SCALE BACK ON MINDLESS EATING

How many times have you sat down with a snack in front of your tv, computer, or phone and before you know it you've eaten the entire snack without even thinking or really tasting the food? That is how quickly mindless eating can happen. Our lives can get so busy and it can be so easy to mindlessly eat. It is okay if this happens occasionally, but on a daily basis this can lead to a consumption of extra calories. So, if this sounds like you, don't panic or stress.

Let's instead focus on mindful eating, which might sound a little weird at first, but it is a great tool to help you reach your nutritional goals. Mindful eating allows us to reconnect with our bodies and stop focusing all our energy on what and how much we eat. Rather, it allows us to focus on how we eat and how we enjoy food. Mindful eating helps you listen to your internal cues versus diet rules. This allows you to develop a healthy relationship with food. A healthy relationship with food empowers you to maintain a healthy weight and body image.

Here are a few tips to help you on your mindful eating journey:

1. Remove all distractions while eating. Focus on your food and the company around you.
2. Slow down, don't rush through the meal. Make sure to set aside at least 20 minutes to eat a meal.
3. Take the time to focus on the different flavors and textures of your food. Think about the quality of the food versus quantity.
4. Listen to your body for hunger and fullness cues. Eat when you are hungry and stop when you are full.
5. Choose foods that fuel your body. Take the emphasis off what you can or cannot eat and focus on supplying your body with a variety of foods.

INCLUSION MATTERS: Practicing mindful eating tips is a great way to take charge of your health and maintain a healthy eating regimen. Become more aware of what you are putting into your body. Ask friends, family, or a caregiver to help you stay on track and be mindful of the foods you are eating. https://www.nchpad.org/1693/6799/Mindful~vs~~Mindless~Eating

FAMILY MATTERS: Have you ever binge watched a new show on Netflix and suddenly the family size bag of cheese puffs is almost gone? Chances are this has happened to all of us and it is very easy to do! Try to become more mindful of your eating habits. Plan nights to eat with family at the dinner table and remove distractions such as cell phones or tablets. The key to mindful eating at the dinner table is to slow down, focus on the food you're eating, and enjoy time with your family.

LINKS:

Managing stress caused by change: https://www.aces.edu/blog/topics/health-nutrition-urban/managing-stress-caused-by-change/

Tips for shopping and eating at home: https://www.aces.edu/blog/topics/home-family/coronavirus-tips-for-shopping-and-eating-at-home/