

MINDFUL EATING

MINDFUL EATING REFERS TO PAYING ATTENTION TO OUR FOOD, ON PURPOSE, MOMENT BY MOMENT, WITHOUT JUDGMENT. IT IS AN APPROACH TO FOOD THAT FOCUSES ON SENSUAL AWARENESS AND EXPERIENCE. IT CAN HELP US BUILD A BETTER RELATIONSHIP WITH FOOD AND CREATE POSITIVE EATING HABITS.

ONLY EAT WHEN YOU FEEL PHYSICAL HUNGER CUES
(RUMBLING TUMMY)

EAT WITHOUT DISTURBANCES

PREPARE A HEALTHY MEAL

UNDERSTAND THE DIFFERENCE BETWEEN WANTS AND NEEDS

ENJOY YOUR FOOD

NOTICE THE COLOURS OF YOUR FOODS

BRING YOUR AWARENESS TO EACH INDIVIDUAL FLAVOUR

NOTICE THE AROMAS OF YOUR FOODS

NOTICE THE TEXTURES OF YOUR FOODS

NOTICE THE THE TEMPERATURE OF YOUR FOODS