

## Mindful Eating

Everything can be incorporated into mindfulness practice, even eating. To begin mindful eating, look at the food you have chosen. Just observe it. Notice the thoughts in your mind as you look at it.

Then, use the acronym TASTE to experience a mindful eating meditation:

T= TAKE A BREATH before diving in. Notice the sensations in your body as you anticipate eating.

A= ALLOW yourself to come into an awareness of *this* moment and all it brings with it, without criticism or judgment. Are you experiencing physical hunger (like stomach rumbling)? Other sensations? Is it perhaps your mind that is hungry?

S= As you take the first bite, employ all of your SENSES to experience *this* bite of food – see it, smell it, taste it, feel it, hear it (all food has a sound as you eat it).

T= Take TIME to explore each bite, being mindful of when you feel the urge to take another bite. (Before you finish this one? Even as you are chewing this one?) Experience the fullness this food or drink has to offer.

E= When finished, EXPLORE the terrain again. How does it feel now that the food is inside you?

***Adapted from At the Table: Mindful Eating, Maureen Doran, RDN, LD.***