Mindful eating tips

Mindful eating encourages you to be present in the moment, focus on the enjoyment of food and fully explore your senses, savouring the flavours, aromas and textures. Try our top tips for mindful eating:

1. Don't eat on your feet

Sit somewhere different from your desk/laptop and try not to eat on the go .This will allow you to give your food your full attention, giving your mind a break from other tasks.

2. Swap hands

Research suggests eating with your non-dominant hand naturally slows down the rate at which you eat and makes you more attentive to your food. Slower eating will reward your body as it supports digestion.

3. Practice the pause

Briefly stopping before cooking or eating a meal will allow you think about eating with intention instead of habit. Notice how your body is feeling, do you feel hungry or are you feeling bored or stressed?

4. Savour your senses

Try to chew your food thoroughly and with each bite notice the taste and the texture. Don't focus on the food being 'good' or 'bad' for you, instead focus on what you like about what you're eating and if it makes you feel good.

5. Enjoy the experience

Enjoy the overall process, from planning your shopping list and preparing and creating the meal itself. Express your gratitude for your meal and thank yourself for it.

6. Share the mindful experience

Use food as an opportunity to connect with others and enjoy the positive experience together.