

Mindful Eating is Good For Your Health

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Spring is in the air. The best time of year to say out with the old and in with the new. What better time to add mindful eating into your daily routine?



What is Mindful Eating?

Mindful eating is simply paying attention while you eat. Focusing on your food, without distractions, will help you digest and enjoy your meal. How you eat is just as important as what you eat!

Benefits of Mindful Eating

Being aware of the present moment while eating offers an array of benefits. Mindful eating can:

1. Improve digestion
2. Increase satisfaction at meals
3. Reduce stress
4. Help you distinguish physical from emotional hunger
5. Enable you to make smart food choices

How to Eat Mindfully in 3 Simple Steps:

1. Take a deep breath before your meal. This will help relax your digestive system and prepare you for eating.
2. Focus on the colors, texture, and taste of your food. This will help your GI tract communicate hunger and fullness to the brain.
3. Chew slowly and thoroughly. Remember there are no teeth in your stomach!