

The BASICS of Mindful Eating*

B – Breathe and check your level of hunger and satiety before you eat

- Take a few deep breaths
- What are you hungry for? Food, water, walking, stretching, rest, relief from stress, stimulation, time off etc.
- If you hungry for food, assess how hungry you are (starved, very hungry, hungry, slightly hungry, not hungry etc.).
- Is it genuine (cellular, stomach) or false (mouth, nose, eye, ear, heart or mind) hunger?

A - Assess the food you are eating

- Look at your food: the texture, shape, size, colors, creamy, solid, shredded, arrangement on the plate etc.
- How does it smell?
- Do you recognize your food (natural or processed)
- Is this the food you really desire at this moment?

S - Slow down your eating (so you do not overeat by eating too fast)

- slow down your chewing
- pay attention to how it sounds, how the texture and tastes evolve as you chew
- Methods: take a breath or two between swallowing, put down the utensils between bites, chew slowly
- Talk and listen between bites

I -Investigate your hunger during the meal

- Keep bringing your attention back to the experience of eating and tasting during the meal
- Midway through the meal, put down the fork and assess your level of hunger
- Make a mindful decision based on your hunger level as to whether or not you should continue eating
- Honor what your body is telling you

C - Chew your food thoroughly

- Pay attention as you chew the food thoroughly
- Notice how the taste and texture of the food changes as you chew
- Do you notice that you tend to swallow before adequately chewing your food?

S - Savor your food

- Take your time and enjoy eating
- Choose the food that you desire not what you eat out of habit or automatic behavior
- If you cannot really savor and enjoy the food, why eat it?

*From [The mindfulness-based eating solution](#) by Lynn Rossy, Ph.D. 2016