

Teaching Tool Download

MINDFUL EATING

Here are some of the steps that can be followed to practice mindful eating:



1. Rate your physiological hunger on a 0 to 10 scale prior to eating with 0 being the extremely hungry and 10 not at all hungry. Keep in mind some of the signs of physiological hunger including headaches, irritation, fatigue, shakiness and stomach growling.
2. Take a food, this can be a simple food such as mashed sweetpotatoes with butter and brown sugar, and set it in front of you.
3. Prior to taking a bite of food take a look at your surroundings and pay attention to the smells, sites and sounds around you.
4. Take a fork full of mashed sweetpotatoes and pick it up. Notice how it feels in your hand. How much does the fork with mashed sweetpotatoes weigh? Take a look at the texture of the mashed sweetpotatoes and how they flow. Do they look soft? Rigid? Shiny or dull?
5. Smell your food and notice how you feel about the smell.
6. Take a bite of the mashed sweetpotatoes and hold it between your lips for a few minutes. What do you feel inside? What do you notice about the taste? Do you feel your mouth salivating as the digestive processes continue (these start prior to eating).
7. Put your fork down and chew your mashed sweetpotatoes thoroughly prior to swallowing.
8. After swallowing, close your eyes for a few minutes and take note of the entire experience of eating a bite of mashed sweetpotatoes.
9. Continue to follow the sequence bite by bite until you are satisfied. Take note of every mouthful and how you feel.
10. Rate your physiological hunger again from 0 to 10.



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Deconstructed Sweetpotato Cheesecake

Did you know mindful eating is associated with less binging, restricting, emotional eating, body image issues and higher self-esteem. Mindful eating is a practice that encourages being present and enjoying every bite of food without judgment.

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