

# SAVOR YOUR FOOD

## START HERE



- Download and complete the [Eating Patterns Assessment](#) before starting this month's activities
- [Download this month's handouts](#) to follow along each week and complete mini activities to help you practice mindful eating
- At the end of the month, complete the [Eating Patterns Assessment](#) again and compare to your initial results

## MINDFUL EATING QUESTIONS

Turn off the “autopilot” setting when sitting down for a meal and enjoy a **multi-sensory** experience. The purpose of mindful eating is to create a **positive relationship with food** and give yourself permission to **enjoy and savor** your meals. Consider the following questions when you eat:

### Why did you eat?

Were you hungry when you ate, or did you eat out of habit at a specified time? Did you continue to eat even if you were already full?

### How did you eat?

Did you fully enjoy your meal? Did you do other activities (work, watch TV, talk on the phone) while eating? How long did it take you to eat?

### What did you eat?

Did you get a balance of fruits, veggies, protein and whole grains? Did you have one serving or multiple servings?

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## MINDFUL EATING TIPS

If you want a deep-dive into mindful eating, check out [GatorCare's interactive Mindful Eating presentation on MyTraining](#).

### Slow down.

Eat slowly and with **small** bites. Take in every taste and **texture**. Truly enjoy what you're eating.

### Pause.

Build in a speed bump. **Pause** in the middle of your meal to **check** in with your hunger level. Determine if you want to continue eating and if so, **how much?**

### Appreciate.

Take a moment to **appreciate** all of the work that went in to creating your meal.

### Single-task.

When you eat, **only eat**. Avoid multi-tasking while eating.



### Savor.

Engage all five senses. Take in as much about the experience of eating as possible.

### Know your triggers.

Do you find that you slip in to **mindless eating** in certain situations? Is your desk at work a culprit? Does your family have a snack drawer that you find yourself frequenting after work, even when you aren't truly hungry? Take into consideration these times or places and place [trigger cards](#) in these areas to remind yourself to eat **mindfully**.

### Be Curious.

Ask yourself before eating if you are truly hungry. If you are **NOT** truly hungry, but still want to eat, explore what you might be missing. What **need** do you have that you are trying to satisfy with food? Can you satisfy that need with something **other** than food? If a craving doesn't come from hunger, eating will **never** satisfy it.

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## MORE INFORMATION

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Check out these resources for more information on mindful eating.

CREATE A MINDFUL EATING  
CORNER

3-MINUTE MINDFUL EATING  
VIDEO

MINDFUL EATING MEDITATIONS

CENTER FOR MINDFUL EATING

INTERACTIVE MINDFUL EATING  
PRESENTATION