

# Croí's top tips for **Mindful Eating**



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*Fighting Heart Disease & Stroke*

## Mindful Eating

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Mindful eating is being aware of what you're eating and how you're eating.

Being aware of these things should help you to think more clearly about what you choose to eat and how to recognise the feelings, sensations and thoughts that you have while eating.

Learning to eat 'mindfully' is a skill that needs to be practised but when done right it can **help us to recognise our eating behaviours and retake control over what we eat and how we feel.**

## Tips for Mindful Eating

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- Come to the table with an appetite but **not ravenously hungry.**
- **Remove any distractions** such as your phone, television or newspapers.
- Start with a **small portion** of food.



- Pause before eating to look at and **appreciate your food** and how it got to your plate.
- **Bring your senses to the meal** – appreciate the different colours, textures, smells and flavours of your food.
- Take **small bites** and put your fork down between bites to fully taste your food.
- **Chew your food** thoroughly so that you can taste it properly. You may have to chew each mouthful 20-40 times.
- **Eat slowly.** This will help you to recognise when you are starting to feel full. It can sometimes take 20 minutes for our stomach to signal to our brain that it is full. The slower you eat, the more time you give yourself to recognise this feeling.
- **How does your body feel?** What are your physical sensations, emotions, hunger level and satisfaction while you are eating and after you are finished eating?



## Mindful Eating is:

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- Allowing yourself to become aware of the **positive and nurturing opportunities** that are available through food selection and preparation by respecting your own inner wisdom.
- **Using all your senses** in choosing to eat food that is both satisfying to you and nourishing to your body.
- **Acknowledging responses to food** (likes, dislikes or neutral) without judgment.
- **Becoming aware of physical hunger and satiety cues** to guide your decisions to begin and end eating.



For more health information or to support the work at Croí, the Heart & Stroke Charity, please visit our website at [www.croi.ie](http://www.croi.ie).

### **Croí, the Heart & Stroke Charity**

Moyola Lane, Newcastle, Galway, H91 FF68  
091-544310 | [info@croi.ie](mailto:info@croi.ie) | [www.croi.ie](http://www.croi.ie)

   @croiheartstroke