

THE SCIENCE BEHIND

MINDFUL EATING

WHAT HAPPENS TO YOUR BODY DURING
A MINDFUL MEAL



The **mindful movement** is growing at an exponential pace. Taking the research and applying it to our daily lives we can make positive changes in our daily routines, our bodies and our minds.

The act of practicing mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

Being mindful while eating allows us to experience with it in a whole new manner.

The **well researched benefits of mindfulness** can extend to you in your daily life if you **harness and practice mindful eating**.



WHAT HAPPENS TO YOUR BODY

The **benefits of mindfulness** extend to your whole body **when you mindfully eat**.

Practicing mindfulness while eating can help increase immune functions



Mindfully chewing your food more has been shown to help release nutrients from food more efficiently affecting:



Gut signaling



Digestion and absorption processes



Energy intake from food

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WHAT HAPPENS TO YOUR MIND

Like mindfulness, mindful eating can assist in increased attention control

(really beneficial when the waiter asks if you're interested in dessert).



Mindfulness in general helps to lower stress, and lower stress improves gut health and overall **mind function**.



Research revealed increases in gray matter concentration (Shown in correlation to increased efficiency) in the area of the brain involved in **learning, memory, and emotional control when practicing mindfulness**.



HOW TO EAT MINDFULLY



*Don't pay attention to health claims
E.g. - "Lower your cholesterol 4% in 6 weeks"*



Sit at a table, not in front of the TV



Don't eat from the package



*Take your first bite with your
eyes closed*



Put down your fork between bites



DID YOU KNOW?

Americans tend to scoop up food while British people keep their forks turned down and stab food to pick it up.



 Eat with your non-dominant hand

 Chew your food (25 times)

 Use smaller plates and taller glasses, serve small portions - 20% less



CRAZY FACTS

The point at which most people are comfortably satisfied is 1 to 1.5 liters.

Your stomach can go from holding

 **50 milliliters** when empty

to up to

 **4 liters** when full



50 mL

1 - 1.5 liters

4 liters





*Have a meaningful conversation
or eat in silence*



*Play mellow music and dim
the lights*



Practice, practice, practice



Always strive to be mindful while eating. Mindfulness can be difficult to adopt, but there are countless benefits including reductions in emotional and disordered eating, weight loss, improved mood, and greater enjoyment of the foods you eat.

RESOURCES

- <http://greatergood.berkeley.edu/topic/mindfulness/definition>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4034047/>
- <http://www.ncbi.nlm.nih.gov/pubmed/12883106>
- <http://www.ncbi.nlm.nih.gov/pubmed/24636206>
- <http://www.health.harvard.edu/healthbeat/mindfuleatingmayhelpwithweightloss>
- <http://www.ncbi.nlm.nih.gov/pubmed/22363278>
- <http://chriskresser.com/howstresswreakshavoconyourgut/>
- <https://nccih.nih.gov/research/results/spotlight/012311.htm>
- <http://ajcn.nutrition.org/content/94/3/709.long>
- <http://summertomato.com/howtoeatlesswithoutnoticing/>
- <http://summertomato.com/howtobecomeasloweater/>
- <http://summertomato.com/howtoeatmoremindfully2/>

