

InEssence Coaching LLC

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"Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally." - Jon Kabat-Zinn

"A mindful eater is nonjudgmental, compassionate and above all aware of the taste, texture and process of eating. Being mindful means knowing exactly how your body feels at all times. You are so closely in touch with what is going on inside that you know the exact moment you are satisfied rather than stuffed or starving by learning the why, what, when and how you eat." - Susan Albers

Mindful Eating Process:

- Take a moment to look carefully at the food you are about to eat. Notice its shape, color, markings, contours, textures, weight. Focus on what it consists of. Ask yourself, "Do I still want to take this food into my body?"
- Think about where the food came from and the process required to bring it to your table. How many different places has it been? How many people were involved in bringing it to you?
- Before eating it, carefully smell the food you are about to put into your mouth. You taste food through your sense of smell!
- Be sure to cut your food into small pieces, eating each bite one piece at a time.
- Eat slowly, carefully, completely. Don't put another bite of food into your mouth until you are completely done with the one you are chewing. Pause after each bite to enhance the wonderful experience of eating very bite. Food eaten mindfully will be easier to digest and you will be less likely to overeat.
- During the eating of each bite, bring your mind to some aspect of the food. You may choose to:
 - concentrate on the taste
 - notice the texture and how it changes as you chew
 - focus on the sweetness or sourness
 - enjoy the creaminess or crunchiness
 - pay attention to the movements of your teeth, lips and tongue as you eat
 - notice if the taste is any different in different parts of your mouth
 - think about the energy in the food and how that energy originally came from the sun and the earth
 - imagine the effort it took to grow, harvest, or process the food
 - visualize the person who made the box or carton to package the food
 - see the truck driver who drove the truck carrying your food
 - see the person at the market as he or she handled the food
 - imagine what kind of effort you would have to exert if you had to do all the steps yourself
- Just after eating, notice how the food you ate affects your digestive system. Does it agree with you?