

VIS Nutrition Tip: Eating Rituals

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Whether we're aware of it or not, we all have rituals regarding how we go about our daily habits, including eating.

Some of these behaviours are healthy, and some may not be. What can make them healthy is that these eating rituals hold the power to connect us to the present moment and our inner selves.

Think about it...do you have a ritual that occurs every time you consume a certain food or drink? It may be that you open the packaging a certain way, or you consume a certain part of the food first and finish with the other, or maybe sit in a particular place when eating a particular food. A study has looked at how these rituals can affect us and found they can have positive effects including increased enjoyment from a meal, requiring less of it to be satisfied and even improving subjective taste - even when a ritual was performed before eating something as simple as a carrot!

Rituals have sometimes been seen as a problem, however in this case it's encouraging healthy eating behaviours by increasing an awareness and satisfaction of foods eaten, even the healthy stuff! The ritual needs to be completed by the individual consuming the food, and without time delay between completing the ritual and eating the food. It all comes back to mindful eating, enjoy the moment whilst consuming your food and you will enjoy it more and therefore possibly require less to be satisfied whether it's an indulgence or a healthy meal.