

VIS Nutrition Tip: Mindful eating

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How often do you think about the meal that you are eating as opposed to the email you are reading or the TV show you are watching?

Do you notice the flavours and textures that burst out of the food as you bite in and chew away or do you polish off a meal and look for more because your sensation for taste was not satisfied whilst you got distracted along the way? Whether it's going back for seconds or wondering where that bag of chips disappeared to (in your stomach), not taking enough notice can result in a decision to eat more, and this is called mindless eating.

On the contrary mindful eating is a way of being present with your food, the sensation of flavours, textures and smells. This increased awareness helps the body register that you are full and satisfied and therefore not go for that second helping that will make you go from satisfied to full and uncomfortable not long after the meal is finished. Taking time to be mindful of your meal whilst eating, slows you down and therefore not only helps with weight control, but also helps digestion by allowing your body to respond accordingly. Mindful eating also allows you to get more pleasure from your small treats, for example place a chocolate in your mouth, and enjoy the flavours as it sits there slowly melting away. Just 2 small squares using mindful eating can result in more pleasure than a block of chocolate scoffed over a sad movie. Even if it's only one meal a day you aim to be more mindful, it's a good practice and a change for the better.