

# All About Mindful Eating



## What is Mindful Eating?

A practice that encourages paying full attention towards the foods and the sensations that arise in the body during mealtime.



# How To Do It?

Here are several steps to start practising mindful eating:

## 1. Create A Relaxing Environment

Find a comfortable place to have your meal. Turn off the TV and put away your gadgets to minimise distraction.

## 2. Engage Your 5 Senses

Use your five senses to fully appreciate the food. Pay extra attention to the colour, texture, aroma and shape.



### Sight

Enjoy the food's visuals (appearance, colour, shape)



### Touch

Feel the food's texture



### Taste

Tickle your taste buds with the flavour



### Hearing

Listen to the sound of chewing



### Smell

Sniff the aroma of the food

## 3. Eat Slowly

Take small bites and chew your food thoroughly. Remember to relax and breathe in between bites.

## 4. Concentrate On Each Bite

Focus on the texture and taste. Savour your food thoroughly and try to recognise different textures and tastes. Be alert towards how your body responds to it.

## 5. Be Present

Keep your attention on the food and the eating process. If you start getting distracted, bring your attention back gently.

## 6. Notice Your Body's Signals

Listen to your body's cues. Pay attention to your hunger and fullness. Ask yourself the questions below to help you decide when to eat and when to stop.



**Before Eating**



**During Meals**

## 7. Reflect On Your Food Choice

Review your food intake. Look back on the portion, nutrition and source. Discover how it suits your health and well-being goals.



## 8. Practice Regularly

Practice makes perfect. It takes time to develop the skill to eat mindfully. Try to use mindful eating steps ideally every mealtime.

### Benefits of Mindful Eating

- Improves digestion
- Improves the eating experience
- Develops a better relationship with food
- Prevents overeating or extreme hunger
- Helps in managing the side effects of treatment
- Helps in better food choices and portion control



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