



# Mind your mouth

**Mindful eating** is a way to enjoy your food more and stay in control of your eating. How, what and why people eat the way they do, and the decisions they make (or not) to do so often lie at the heart of many bad eating habits – sometimes referred to as mindless eating.

**Mindless eating** can also be thought of as 'mind full' eating. You are so distracted by other thoughts and feelings that eating can become random, or a response to habitual unhealthy cues, which can range from sitting down at a movie with a choc-top, eating lunch alone at your computer, or simply reaching for comfort food when feeling sad.

Use this simple chart to help you avoid those traps and to practise eating more mindfully.



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## MIND FULL EATING

- Eating quickly, ignoring your body's signals and continuing to eat when you're full
- Reaching for 'comfort' food for emotional support
- Eating when your mind tells you to (eg, tired, anxious)
- Multitasking while eating
- Eating alone, at erratic times and places (eg, on the run, in the car)
- Not thinking of the steps involved in the food's journey to your plate.

## MINDFUL EATING

- Eating more slowly, putting cutlery down between bites, paying attention to your body's signals and stopping eating before you are full
- Eating nutritious foods and learning to enjoy them
- Eating when your body tells you to (eg, low energy, stomach rumbling)
- Eating, and *only* eating. No screens
- Eating with others, at set times and places (eg, always at the table)
- Thinking about the journey everything on your plate took to get there, from where and how it grew, to the person who prepared it.

**Disclaimer** This fact sheet is designed to be informative and educational. It is not intended to provide specific medical advice or replace advice from your medical practitioner.

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