



# Practicing Mindful and Intuitive Eating

Embracing mindful and intuitive eating can enhance your connection with food and your body. These approaches are beneficial for all individuals, with particular significance for those grappling with eating disorders or feeling overwhelmed by food-related concerns. By engaging in mindful and intuitive eating, you can cultivate a respectful and nourishing relationship with food while fostering a deeper awareness of your mental and physical well-being.

Mindful and intuitive eating involve paying keen attention to your food choices without judgment. While seemingly simple, this practice can be challenging, especially for those unaccustomed to it. By adopting mindful eating, you become mindful of the various reasons behind your hunger, such as emotions, tradition, boredom, or schedule.

Intuitive eating encompasses mindful eating and focuses on strengthening the connection between mind, body, and food. This approach encourages eating without judgment and respecting your body regardless of its shape.

It emphasizes:

- Eating for physical rather than emotional reasons
- Listening to internal hunger and satiety cues
- Granting unconditional permission to eat

These practices are not diets but mindsets that encourage trusting your instincts and heeding your body's natural signals of hunger and fullness. There are no strict rules on what or when to eat; instead, they teach you to attune to your body's needs without judgment.

Mastering mindfulness takes time and dedication. Aim to practice mindful eating regularly, forgiving yourself for occasional lapses. Recognizing that mindfulness may not always be feasible is part of the journey. Trust yourself and your body's instincts when making food choices. It may take weeks, months, or even years for mindful or intuitive eating to become second nature, so be patient and enjoy the process of

nurturing a healthier mind- body relationship with food.

## Tips for Mindful and Intuitive Eating:

1. Prepare your meals mindfully, engaging your senses during cooking.
2. Eliminate distractions by putting away electronics during meals.
3. Sit down, take a deep breath, and appreciate the food before you.
4. Establish mealtime rituals, such as setting the table or playing soothing music.
5. Practice moments of stillness during the meal, focusing on enjoying the food.
6. Connect with your food by observing its appearance, aroma, texture, and taste.
7. Listen to your body's cues to determine when you're satisfied, honoring these signals as natural and healthy.

By incorporating these mindful eating practices, you can develop a healthier relationship with food and better attune to your body's needs.

## References

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