



About The Center for Mindful Eating

Our relationship to food is a central one that reflects our attitudes toward our environment and ourselves. As a practice, mindful eating can bring us awareness of our own actions, thoughts, feelings and motivations, and insight into the roots of health and contentment.

The purpose of The Center for Mindful Eating is to help professionals, institutions and the general public implement the principles and practices of mindful eating.

Our Vision

To be an effective, accessible vehicle for training professionals in the principles and practices of mindful eating and to foster wisdom, mindfulness and ethical action in education, policy, research and healthcare, pertaining to food and eating.

Our Mission

The mission of The Center for Mindful Eating is to help people achieve a balanced, respectful, healthy and joyful relationship with food and eating. By providing easily accessible information and opportunities to interact via the web and in other ways, we seek to train and encourage professionals who can then foster this capacity in others.

The Center for
MINDFUL EATING



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Why Mindful Eating?



Explore all the ways food can be enjoyed!

Learn how eating mindfully can improve your health and well-being

from

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Why Mindful Eating?

Why are people turning off their phones, televisions and other plug-in devices and tuning in to the taste of food?

Growing research suggests that distraction while eating prevents a person from enjoying the bite in the mouth. Coined “mindless eating,” this innocent behavior has been linked to overeating, stress and increased anxiety.

How would you know if you are eating in a mindless or distracted way? One quick way is to recall what you ate at your last meal. Can you describe the flavor, the taste, the texture? If you are struggling to remember any of the specifics about your choice, you are not alone.

Mindful eating helps individuals learn how to check in with their direct experience when eating. Reconnecting to your direct sensory experience can become the start of a food and eating awakening. People often discover that the flavor of common foods can be transformed by bringing a mindfulness practice to the meal.

How does mindful eating change a meal? Pausing and becoming curious focuses the mind. Questions stimulate the mind and create a focus on the bite in the mouth. Mindful eating cultivates becoming grounded in the present moment’s awareness of eating.

Many people who try eating more mindfully discover that mindfulness may be just the perfect seasoning for any meal.

MINDFUL EATING...

- Is empowering.
- Nourishes not only the body but also the heart.
- Becomes easier and more enjoyable with practice.
- Brings awareness of your interrelationship with other people and beings.
- Helps you choose to contribute to the well-being of the Earth.
- Is fun.
- Promotes understanding of your true needs.
- Helps you become aware of your thoughts, feelings and physical sensations related to eating.
- Helps you reconnect to your innate inner wisdom about hunger and satiety.
- Helps you shift the locus of control from external authorities to your body’s inner wisdom.
- Empowers you to make healthier choices, unlike dieting, which can lead to feelings of deprivation.
- Helps you bring acceptance and balance to your life.
- Offers the possibility of freeing yourself from habitual reactive patterns.

The Principles of Mindful Eating

Principles of Mindfulness:

- Mindfulness is deliberately paying attention, non-judgmentally, in the present moment.
- Mindfulness encompasses both internal processes and external environments.
- Mindfulness is being aware of your thoughts, emotions and physical sensations in the present moment.
- With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.

Mindful Eating Is:

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your inner wisdom.
- Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- Acknowledging responses to food (likes, dislikes or neutral) without judgment.
- Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

Someone Who Eats Mindfully:

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that his or her eating experiences are unique.
- Is an individual who by choice directs his or her attention to eating on a moment-by-moment basis.
- Gains awareness of how he or she can make choices that support health and well-being.
- Becomes aware of the interconnection of Earth, living beings, and cultural practices and the impact of his or her food choices on those systems.
- Practices mindfulness to promote balance, choice, wisdom and acceptance of what is.

