



EAT MINDFULLY IN THE NEW YEAR

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Want to improve your health and gain a better relationship with food without counting calories in the New Year? Embrace the idea of balance, be aware of physical hunger and satiety cues, savor your food and have self-awareness without judgement. Reject the diet mentality and embrace mindful eating instead of mindless eating!

MINDLESS EATING IS

- Stress Eating
- Emotional Eating
- Habitual Eating
- Speed Eating

MINDFUL EATING IS:

- Undistracted eating
- Making nourishing food choices
- Understanding portion sizes
- Eating slowly
- Feeling satisfied and content.

TIPS FOR MINDFUL EATING

1. Reclaim meal times – eat proper meals rather than snacking on the go.
2. Sit it down – even if it's just for 10 minutes, make time for your meal.
3. Eat without tech distractions – eliminate the distractions and switch off the tv, cell phone, and laptop.
4. Turn your senses on – pay attention to and enjoy the taste, smell, and texture of food.
5. Chew slowly – kick start healthy chewing habits rather than inhaling your food.
6. Listen to your body – eat when you are physically hungry and stop when you are about 80% full.
7. Linger after a meal – before getting up for seconds right away, wait a bit and ask yourself if you're really still hungry. It takes about 20 minutes for the brain and gut to let you know that you're full.

TO FIND OUT MORE ABOUT MINDFUL EATING, CHECK OUT THESE RESOURCES:

<http://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

<https://foodandnutrition.org/blogs/stone-soup/mindful-eating-resources-mindfulness-meditation/>

<https://www.healthline.com/nutrition/mindful-eating-guide#section2>

<https://www.psychologytoday.com/blog/comfort-cravings/201112/8-must-read-books-mindful-eating>

🍏 If you have questions about eating on campus please contact the USC Hospitality Registered Dietitian, Lindsey Pine at lpine@usc.edu