

Mindful Eating Habits



... a fun, friendly competition promoting physical activity and personal wellness

If you don't take care of your body, where are you going to live?

HEALTH
UPDATE
WEEK 5

The word mindfulness is sure popping up all over – even in eating! The mindfulness concept seems so simple, yet so difficult to implement, especially around food. Why? Think about it. How many times a day do individuals hear, see or smell an advertisement for food? How many foods have you walked by on digital screens, interactive floor displays, vending machines, grocery store shelves and endcaps or even at the hardware store? The exposure to food and food advertisement is tremendous. Food messages are everywhere!

It helps to **develop a plan** to practice mindful eating. How? Stop eating while you engage in other activities. Try not to eat in your car, at your desk or in front of a television. Actually remove distractions from the place you eat and start paying attention.

Mindful eating **takes practice**. Try noticing:

- *The taste of the food*
- *The texture of the food.*
- *The physical sensations in your body like hungry vs starving, satisfied vs stuffed, thirsty vs dehydrated*

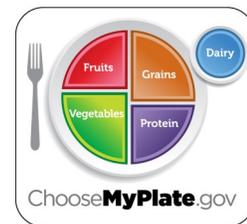
And don't forget about nutrition.

Often when we allow ourselves to become famished, we will eat junk food or overindulge!

Put mindfulness to work for you. **MyPlate** can be a useful reminder to find your healthy eating style and build upon it. Everything you eat and drink matters. The right mix can help you be healthier now and in years to come.

Start with small changes to build healthier eating styles by:

- Focusing on **variety**, from all five food groups to get the nutrients you need.
 1. *Fruits*
 2. *Vegetables*
 3. *Grains*
 4. *Protein Foods*
 5. *Dairy*
- Choose foods and beverages with **low** saturated fat, sodium, and added sugars.
- Eat the **appropriate** amount of calories for you based on your age, sex, height, and weight.



Building a **healthier eating style** can help you avoid overweight and obesity.

Mindful eating: eating with intention and attention



Heidi Copeland
Family and Consumer Sciences
UF/IFAS Leon County Extension
hbc@ufl.edu
850-606-5229