



The Porcelain Post

Extension Family and Consumer Sciences strengthens individuals, families and communities through education

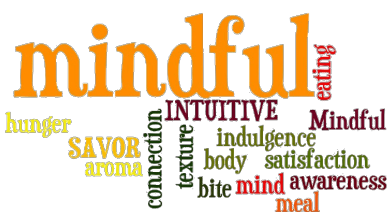
Research Based Information from the comfort of your throne!

EXCLUSIVE NEWS for **November**

Mindful Eating

Health Benefits of Mindful Eating

1. Reduces Stress
2. Improves digestive functioning
3. Reduces overeating and weight gain
4. Improves sleep



Sources: "Slim by Design" book & amihungry.com

Mindful eating is paying attention to WHAT we eat and WHY we eat.

Awareness

- Make your surroundings pleasant and sit down to eat.
- Use smaller plates, bowls and glasses.
- Be conscious of your portion sizes.
- Keep tempting foods out of sight.

Savor

- Take smaller bites and sips - eat slowly, chewing each bite.
- Engage all of your senses - be willing to try new herbs and spices with your food.

In-the-Moment

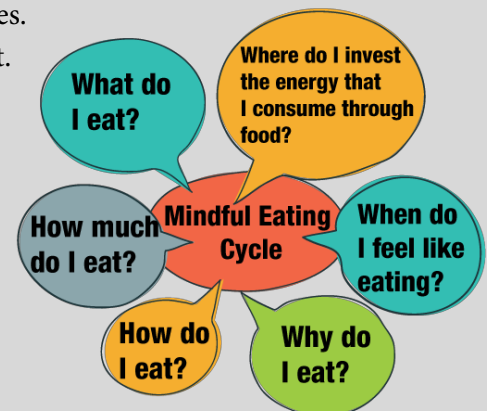
- Do not multi-task while eating.
- Don't eat in front of the TV or computer.

Observe

- Notice when you are satisfied and stop eating when full.
- Only eat when hungry not for emotional reasons.
- Make good choices - eat what you really want or enjoy.

Nonjudgment

- Don't berate yourself if you do accidentally overeat.
- Be able to leave food on your plate if you don't want it.
- Food in itself is not bad.



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