

Mindful Eating

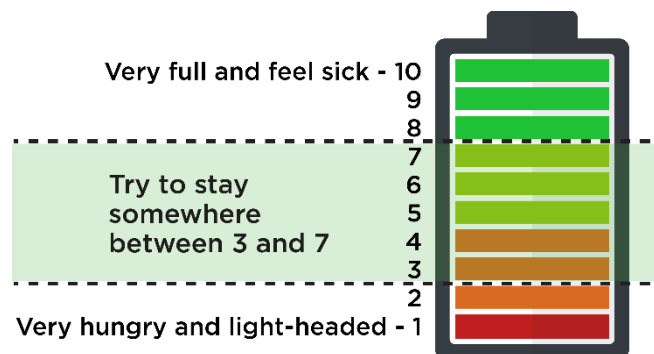
What is mindful eating?

Mindful eating is when you take time to slow down and focus on the food you are eating. It's about learning to recognize your hunger and fullness signals so that you don't eat out of boredom or reasons other than being hungry.

Have you ever sat down with a large bag of snacks while watching TV then looked down and realized that you had eaten the entire bag? This is an example of mindless eating. You want to avoid mindless eating and become more aware of the foods you are eating in order to eat healthfully throughout your life. Remember, you don't have to eat perfectly all of the time, but you want to choose foods that nourish your body most of the time.

What are some things I can do?

- Eat only when you are sitting down (ideally at the table) and away from screens.
- Limit eating to the kitchen and dining room. Avoid eating in your bedroom or living room.
- Eat with others whenever possible.
- Focus on slowing down. Take time between bites and chew your food thoroughly.
- Monitor how hungry or full you are throughout the day - especially before and after meals or snacks.
- Think of a scale from 1 to 10:



- Learn to spot when you are eating out of hunger versus when you are eating out of boredom, stress, or other emotions.
- Use all of your senses (taste, smell, sight, touch) to really taste your food.
- Take a moment to think about where the food came from, who prepared it, and how it tastes.
- Take time to enjoy your food!

To Learn More

- Nutrition 206-987-4758
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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