



# Mindful Eating

## What is mindful eating?

Mindful eating involves paying full attention to the experience of eating and drinking, both inside and outside the body. We pay attention to the colors, smells, textures, flavors, temperatures, and even the sounds of our food. We pay attention to the experience of the body.

Eating in front of the television, while reading a book, or while working on homework, etc., causes us to pay less attention to our hunger, fullness and satisfaction cues. When these cues are ignored, you can end up overeating and eating when you're not hungry, which can eventually lead to weight gain. Ignoring your cues can lead to weakened sensations of hunger and fullness over time. Once these cues are weakened, it can become very challenging to relearn what it means to be hungry, full and satisfied. Children should only eat when they're hungry. Never force a child to finish everything that is on their plate as it forces them to ignore their natural cues for fullness.

## Let's try!

- ★ Turn off the television and all other electronic devices during mealtime.
- ★ Sit at a table to eat.
- ★ Involve children in the preparation and presentation of the meal. Participating results in greater odds they will take their time and enjoy the meal.
- ★ If children ask for seconds, have them wait five minutes and, if they're still hungry, then they can have more food.
- ★ Discuss the flavours, spices and textures, and teach your children to pay close attention to the aromas of the food.



## Let's play

Now that the sun is lighting our evenings, take advantage of it to wrap up in your waterproofs & go exploring. Have a picnic or snack outside in the Spring sunshine. Or else wash the windows together! So much soapy fun to be had!

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