



Wellness Center

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Mindful Eating

When you mindful you are fully present, in the moment without judgement. When it comes to eating, it is easy to become distracted. Mindful eating works to amplify the volume of your body's cues and signals so you can hear loud and clear the hunger, fullness, and satisfaction. Mindful eating helps you break free from routine eating habits by examining thoughts, feelings, and internal pressure that affect how and why you eat (or do not eat). Try some of these tips to work on improving your mindfulness with eating.

1. **Shift Out of Autopilot Eating:** what did you have for breakfast? Be honest. Many people skip breakfast or eat the same thing every day. Notice whether you are stuck in a routine and try to adjust to something new.
2. **Take Mindful Bites:** Have you ever eaten an entire meal without tasting a single bite? Bring all your sense to the table – next time you eat a meal, consider the five senses. What does the food smell like? Sound like? Look like? Taste like? And feel like?
3. **Attentive Eating:** Sure, you are busy. There is a lot on your plate. It can be hard to make eating a priority rather than an option or side task. If you feel the urge to snack while studying or watching TV or playing on your phone, pause and let yourself be fully present with the food. Give food 100% of your attention at least once per day.
4. **Mindfully Check In:** How hungry are you on a scale of 1 to 10? Each time you go to eat, ask yourself this question. After finishing a meal, ask yourself again. By giving yourself a number associated with hunger level, you start to become more attuned to hunger and fullness feelings.
5. **Think Mindfully:** Observe how critical thoughts like “I do not want to gain weight” or “I should not eat that food; it is bad for me” can creep into your mind. Just because you think these thoughts does not mean they are true or they need to sway your emotions. Remember: a thought is just a thought; not a fact.
6. **Mindful Speech:** Talking about bodies and diet is commonplace and we are not always aware of how impactful these conversations are to our self-image. When you are with friends and family, be mindful of your gut reaction to ‘fat talk’ and body talk.
7. **Mindful Eating Support:** Friends provide an enormous amount of support, but sometimes it is helpful to obtain professional support from trained providers. If you are interested in learnign more about mindful eating or you have concerns about your eating habits and behaviors consider an appointment with a registered dietitian. Call 773-508-8883 or book online at <https://www.luc.edu/wellness/nutrition/>.