

The background is white and decorated with a variety of circular elements. There are solid circles in shades of teal, light green, and grey. Some circles are filled with fine, concentric lines in the same colors. There are also thin, hollow circles in teal and grey. The circles are scattered across the page, with some overlapping each other.

MINDFUL

EATING

EXERCISE

# WHAT IS MINDFUL EATING?

Mindfulness is a practice of being present in the *current moment, free of judgment* from your thoughts.

Too often, we place negative impressions on the food we eat or eat without truly tasting. Use this station as an opportunity to *non-judgmentally notice the food* and *take the time* to truly appreciate it.



For more information regarding this technique,  
check out [intuitiveeating.org](https://intuitiveeating.org)

If you are interested in learning more about  
intuitive eating, you can schedule a session with  
Jenna Petersen at

<https://studentwellness.uni.edu/eating-well>

# EAT MINDFULLY

Begin by placing the food you would like to eat on the table in front of you. Take as many deep breaths as you needed to feel calm, sitting comfortably in your chair.

**1** *Sight* Without touching your food, notice how it looks on the table. Gaze upon it with curiosity, as if you have never seen this type of food before. Notice the color, the shape, and any nooks and crannies and shadows. How would you describe what you observe to someone who has never seen this food? Notice and engage your eyes.

**2** *Smell* Place your nose near the food and gently inhale. What does the food smell like? Is there a scent? Is the scent subtle or strong? Or perhaps the scent is fragrant but neither subtle nor strong? Just notice.

**3** *Touch* Pick up the food and place it in your hand. Notice how it feels in your hand. Perhaps it is smooth, rough, sharp, crumbly, sticky, brittle, crusty, heavy, or light? Just notice and feel the texture.

As you go through this exercise, remember there is no right or wrong way to observe the experience. Simply notice.

**4** *Sound* Take a small bite of the food. How does it sound as you take a bite? Perhaps crunchy, crackly, dull, slurpy, or wispy? Just listen and notice.

**5** *Mouthfeel* Without taking another bite, roll the food around in your mouth and notice how it feels. What is the texture? Resist the urge to chew the food; just notice how the texture of the food changes as it sits on your tongue. Perhaps it's beginning to get soggy, to disintegrate, or to become stringy or sharp. Just notice and feel the texture gradually change.

**6** *Taste* How does the food taste? Perhaps sweet, sour, bitter, salty, pungent, or bland? What happens to the taste of the food as it sits on your tongue? Does it get stronger, or perhaps more subtle and less distinct? Are new flavors emerging as the food dissolves on your tongue? Just observe and notice the nuance of flavors.