

MINDFUL EATING

for the *holidays*

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The winter high holy days – be they Hanukkah, Kwanzaa, Winter Solstice or Christmas & Epiphany can be profound spiritual times of gathering, celebrating together and welcoming the New Year to come.

They can also be a sugary stress-filled blur of trigger foods, overcommitment and confusion about just how much you should buy, decorate, and paaaarty.

Mindfulness to the rescue. Here is a tool to help you look within to find the answers that work for you.

Mindful eating is a practice shown to make it easier to eat well and to savor more. It is a great combination with nutrition consultation (which can help you identify your next step toward nutritional balance).

Mindful eating helps to turn down the volume of messages you hear from media and culture, and tune into your body's internal messages of what, how and how much to eat. The more you practice the better you will get!

Before you begin, make sure that you have time to eat more slowly – at least 20 minutes for a snack, or 30 minutes for a meal.

Set an intention to eat mindfully.

1 *Slow way down.*

BE GENEROUS WITH YOUR TIME

Simply by taking more time to eat, eating more slowly, and chewing your food, you begin to eat more mindfully.

2 *Eat with all 5 of your senses.*

HOW MUCH CAN YOU SAVOR?

Before you begin, look at the colors, shape and textures of your food.

Smell the aroma. As you slowly eat, taste all the flavors on your plate. Does your food make a sound as you eat?

3 *Notice your breath.*

PRACTICE RELAXED AND ATTENTIVE SAVORING

Breath always integrates – can you take a few breaths before you begin, or between bites? Relax your shoulders, relax your body. What does it feel like to eat this way? It might be uncomfortable at first. Watch how your mind reacts to eating this way. Allow whatever your mind and body have to say, or whatever you observe, to be OK.

4 *Enjoy.*

HOW MIGHT YOU PRACTICE THIS IN YOUR LIFE?

Notice if you enjoy eating this way. Can you take one or two mindful bites at every meal? Can you share how to eat with your senses with your kids?

What did you notice in your mindful eating experience with me?

What happened?

WHAT WAS INTERESTING? CHALLENGING?

