



# **Eat with Awareness: Mindful Eating**

*With Sam & Liv*

# Who Are We?

## And why are WE speaking about this?

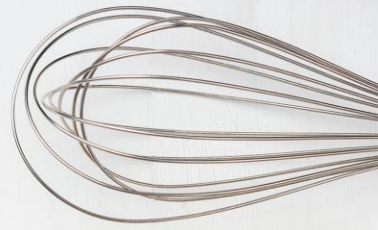


Olivia  
Geraci



Samara  
Beard





# To Begin ... Let's focus on the **BASICS** of eating

Nutrition & health advice can feel very overwhelming nowadays

Mindful eating is the base foundation of eating before any very specific details (ie: meal timing or calorie tracking)

Think of it like the base ingredients to a baking recipe!

# Where?

Where do you eat ?

- At the Table
- In front of the TV /Computer
- In the Car
- On the Go

In 2017 a Canadian survey found that 25% of Canadians did not have time to prepare meals and or eat meals at home.





# Eating & Multi-Tasking

- Our society has become accustomed to busyness as the “New Normal”
- Instead of taking time to eat, we are often eating when we have time

# The Brain & Stomach Communication

---

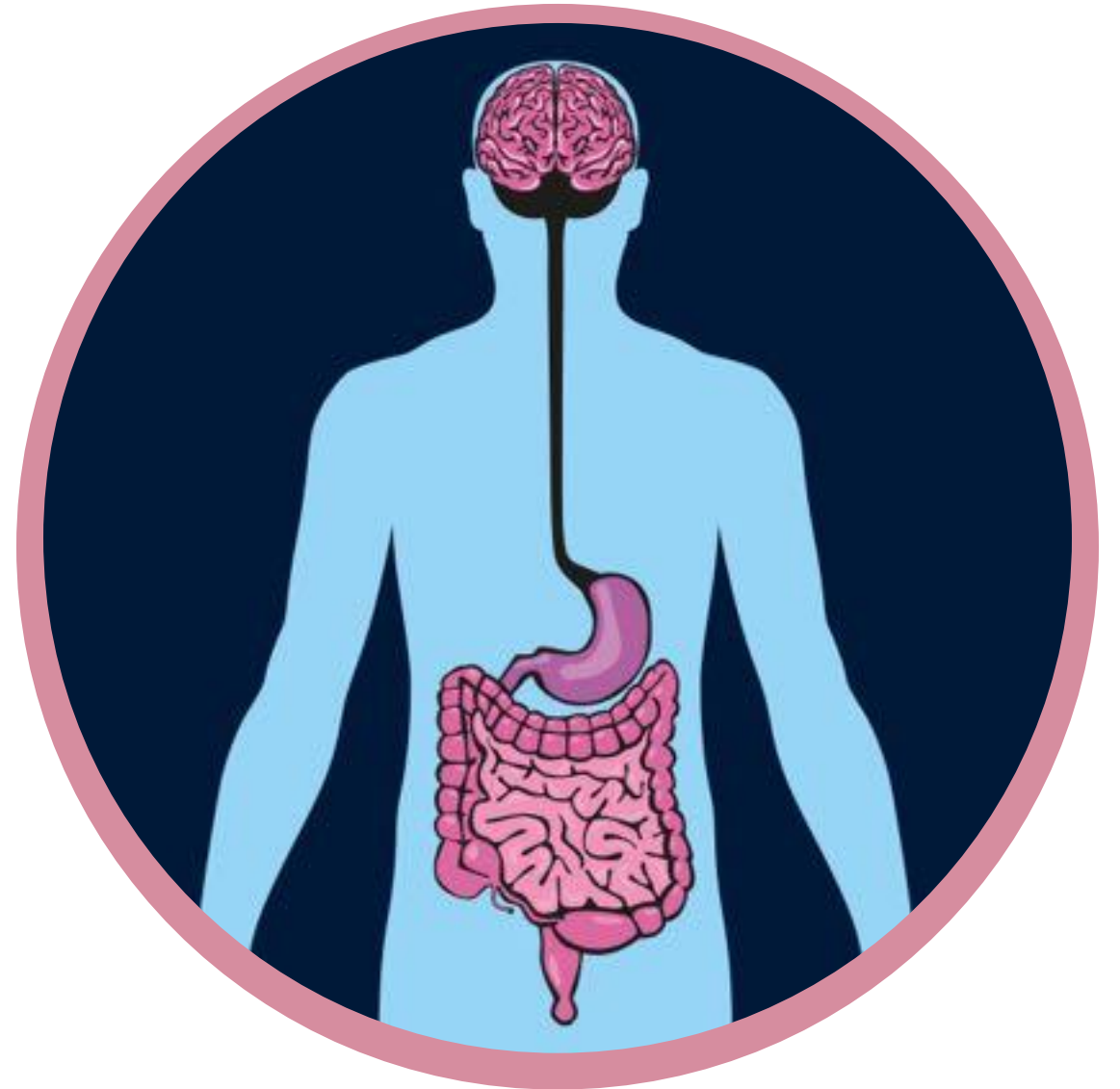
Our body releases a satiety hormone called Leptin.

---

It releases gradually as we eat to tell the brain the stomach is getting full and to stop eating.

---

If we eat too quickly, the hormone will not have enough time to relay the message that stomach is getting full.

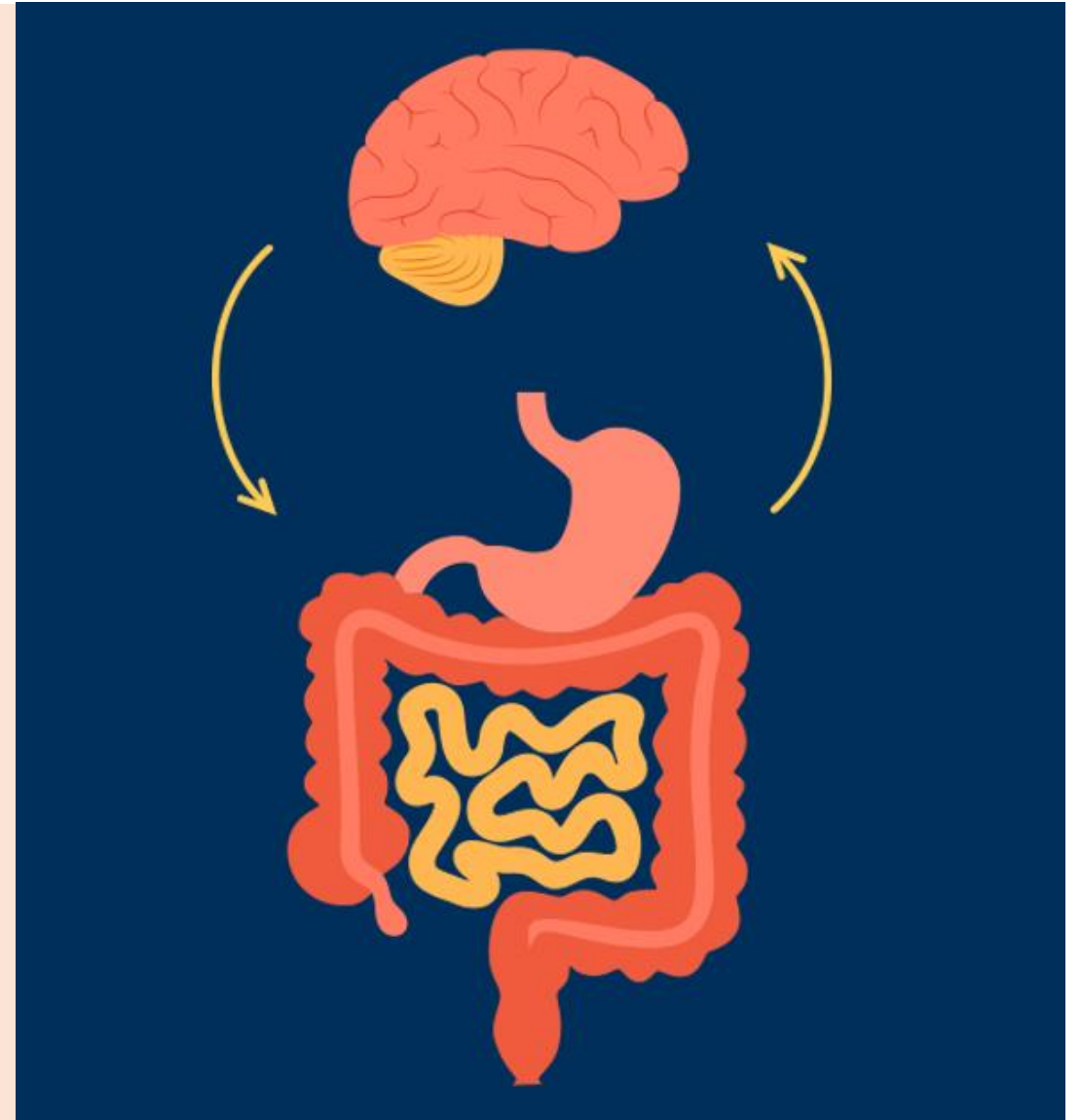


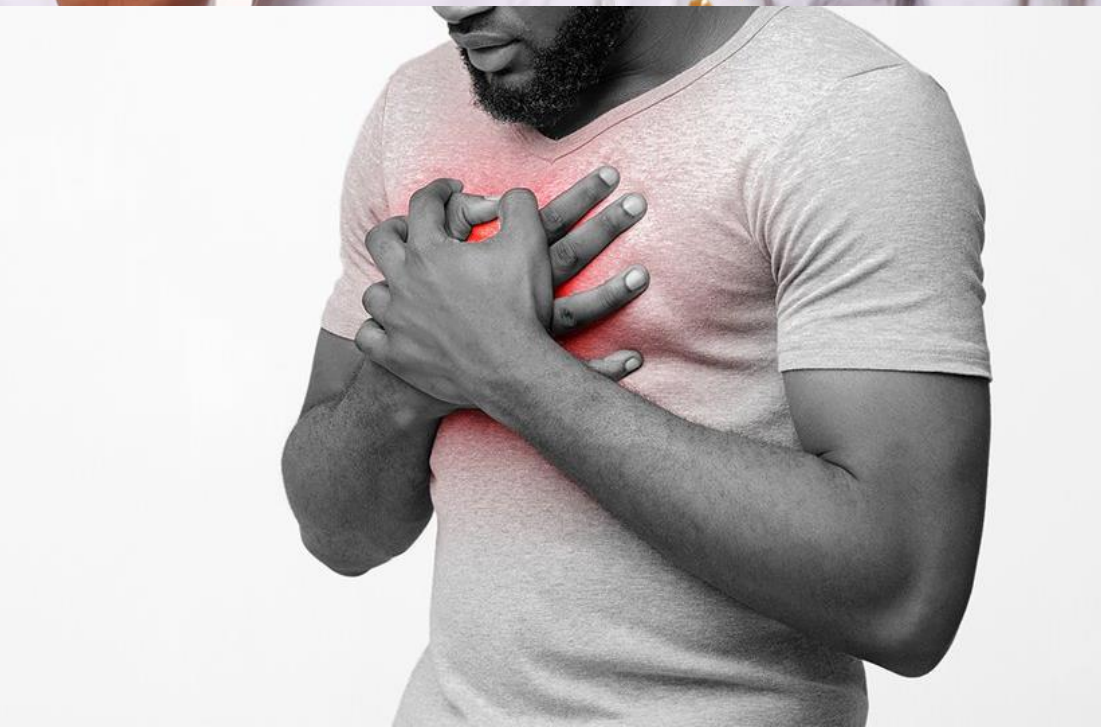
# Game Time!

Liv is the food your eating

Sam is the distraction

You are the brains of the  
operation





---

# Eating quickly has consequences!

Acid Reflux / Heart Burn

Not giving time for the body to feel full so we over-eat

Unnecessary weight gain

Feeling gassy, bloated

Making a mess of your favorite shirt !



# Benefits of Mindful Eating

- Weight Maintenance
- Enjoying your food
- Reducing Stress
- Easier to digest meals

Being mindful in our eating habits translates into other areas: How we feel throughout the day, how we sleep, our mood.



# 7 Tips to Get Started

---

1) Eat slowly and listen to your bodies cues when you are getting full

---

2) Listen to your bodies hunger signals to eat (growling stomach, constant thoughts about food, low energy)

---

3) Eat at set times and with others

---

4) Just Eat! Concentrate on your meal not TV, work, or your phone.





# 7 Tips to Get Started

---

5) Take the time for your brain to register the food in front of you when you eat. Many cultures take time to pray or give thanks. Also, smelling the aroma of the food will start your digestive juices.

---



6) Eat when you are calm. If you eat when stress levels are high, your body will crave QUICK energy which is usually carbs and sugar

---



7) Eat to 80% Fullness



## **Mindless**

- Eating in front of laptop while working
- Eating quickly and barely tasting your meal
- Eating by yourself in the car
- Eating while driving!
- Eating based on our emotions (sad, bored, lonely)

## **Mindful**

- Eating in an area with no tech distractions
- Eating and chewing slowly to enjoy each bite
- Eating at set times and places with people
- Eating when our bodies tell us (stomach growling, low energy)

# Exceptions




- It's what you are doing majority of the time
- It's also about being proactive and intentional

For example:

If you're going to be out of the house for 3 hours and haven't eaten, it would be proactive to eat even if you aren't completely hungry



# Mindful Eating Challenge

- Chew Slowly 
- Undistracted 
- Enjoy your food 



# Sources

Bouchard, C, (2020, April 1), Mindful Eating Introduction, The Balanced Practice,  
[//www.thebalanceddietitian.com/post/mindfuleating](https://www.thebalanceddietitian.com/post/mindfuleating)

Unknown, (2017, Sept. 20 ) A Snapshot of Families and Food in Canada, Vanier,  
<https://www.vanierinstitute.ca/snapshot-families-food-canada>

WebMD. (2003,May,23) Eating Food too Fast Speeds Heartburn, WebMD Archives,  
<https://www.webmd.com/heartburn-gerd/news/20030523/eating-food-too-fast-speeds-heartburn>

Siong, B. [@Benperformancecoach] (n.d.) *Posts* [Instagram profile]. Instagram. Retrieved  
[Benjamin Siong \(@benperformancecoach\) • Instagram photos and videos](https://www.instagram.com/benperformancecoach/)

Templeton, J. (2022, July 25). *The gut-brain axis: Connecting your brain and microbiome*. Ask The Scientists.  
<https://askthescientists.com/gut-brain/>

*Five things to know about the gut-brain axis* -. Phytoceutics®. (2024, April 16). <https://www.phytoceutics.com/five-things-to-know-about-the-gut-brain-axis/>

Rayner, J. (2018, July 12). *Confessions of a messy eater*. The Guardian.  
<https://www.theguardian.com/lifeandstyle/2018/jul/12/if-you-end-a-meal-with-a-clean-shirt-you-are-not-eating-properly-jay-rayner>