



Mindful eating

Do you watch TV during dinner, graze whilst checking emails or take a packet of something with you whilst sitting in front of a movie?

Research suggests that mindless eating not only leads to weight gain but prompts us to make unhealthy choices.

In contrast, mindful eating gives our body the opportunity to recognise hunger or fullness, helps us make the most of every mouthful and enjoy what we're eating. By giving food your full attention, eating slowly and taking pleasure in each bite, we are more likely to notice the body's appetite cues and recognise when we've had enough.

Unsure of where to start? Make like a tortoise and take it slow. Talk to your partner or family between each mouthful, focus on the aroma and taste of the food and listen to your body's changing hunger signals. When you feel full, don't keep going because it's there in front of you. Start accepting that it is ok to leave food on your plate.

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