

Stall Seat Journal



MINDFUL EATING

Food and nutrition can sometimes be difficult topics. Let's learn more about **mindful eating** for the holiday season...and every season.

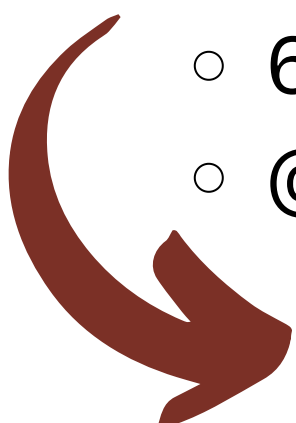


WHAT IS IT?

Mindful eating “focuses on the why and how of eating, versus what is promoted by many diets, which are more [about] what to eat, how much to eat, and possibly when to eat” (Cleveland Clinic, 2022).

Resources

- **Jess Harke: Registered Dietician, UWL Dining Services**
 - 608-785-6480
 - jharke@uwlax.edu
- **Counseling and Testing Center**
 - 2106 Centennial Hall
 - 608-785-8073
 - @uwlctc



Interested in a mindful eating group?
Contact CTC for waitlist information!

HOW TO PRACTICE MINDFUL EATING?

ENGAGE YOUR 5 SENSES



See

Before you eat, take a moment to look at your food. What do you see?



Hear

What sounds does the food make? Is the food sizzling? When you chew, does it sound crunchy?



Aroma

Close your eyes & take in the various smells coming from your plate. Take a moment and smell each bite.



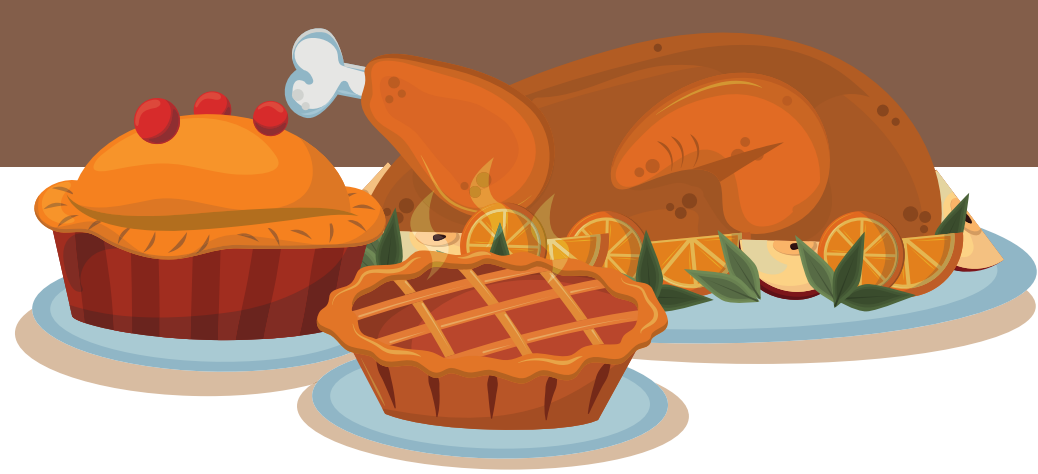
Taste

As you eat, think about what you're tasting. Can you tell the difference between savory, bitter, sweet, salty, and sour?



Feel

Pay attention to the different textures in the food.



**For more information, visit
www.hsph.harvard.edu**

BENEFITS TO PRACTICING MINDFUL EATING

Promotes better enjoyment & appreciation of food.

Creates positive attitude toward food & ourselves.

Leads to picking more nutritious foods, improving overall health.

(Cleveland Clinic, 2022)



MORE TIPS ON MINDFUL EATING DURING THE HOLIDAYS

- **Listen** to your hunger cues.
- Allow yourself to **enjoy** your favorite holiday foods.
- **Honor** your fullness.
- **Limit distractions** during meals; put down your phone and be fully present.

(Weill Cornell Medicine, 2021)

CONTACT US:

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on Instagram: @uwlpeerhealth

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Check out our upcoming
series on gratitude!

