



# IT'S NATIONAL NUTRITION MONTH!

## THREE STEPS FOR MINDFUL NUTRITION

We talk about mindfulness all the time these days and it's mainly because we are consumed with the pace of life and the amount of information coming at us, 24-7. Never before, have we lived in a digital overload of content both at home and at work, blurring the lines between work hours and home life. Many of us wake up and the first thing we check is our email account or social media feeds. We answer emails or texts during lunch breaks or way past when the kids go down for bed.

Mindfulness simply means being present. Right now. On just one task. It also means rewriting some boundaries in your everyday routine. You see, we start to behave automatically over time because we have just done it that way for so long and it starts to become....normal. But living on autopilot is not going to help us lose weight or change our habits.

### SO, HOW CAN YOU BE MORE MINDFUL WHEN IT COMES TO EATING HEALTHY?



#### SIT DOWN

Don't graze when you are making dinner.  
Don't eat off your kids' plates when you are making breakfast.  
Don't inhale your food as you head out the door to work. Sit down!



#### STOP DOING OTHER THINGS

Stop checking the news feed or your email. Stop driving. Stop watching TV. Stop "sitting behind" your computer or shopping online. The only thing you should be doing is eating and being present with all the tastes and textures.



#### SLOW DOWN

It's not a race. Your project will still be there when you get back to work. That food will always be there and you can have more tomorrow. Because you are already sitting down and JUST eating, that means you are actually taking a lunch break or you are sitting at your dinner table with no other agenda in front of you. Set a timer for 15 minutes to see if you can eat for that entire time. If that felt hard, keep trying. Our bellies need at least 15 minutes to signal that we are actually full.