

## Support Group Minutes – 2/13/20

- Guest Speaker: Marie Smith, RD

### Mindful eating: 5 S's of mindful eating

1. Sit down
  - a. Only eat while sitting
  - b. Sit at a table
  - c. Lose more weight at a table vs. standing or watching in front of the TV
2. Slowly chew
  - a. Eat with non-dominant hand
  - b. Studies show you can eat 30% less
  - c. Pierce your food instead of scooping it
  - d. Put your utensils down between bites
  - e. If eating with fast eaters, don't keep their pace
3. Savor food
  - a. Try to actually enjoy all of the tastes of your food
  - b. Taste and smell are very connected, so the more you smell, the more you taste and enjoy
  - c. Pay attention when chewing or how you felt while eating it
  - d. Enjoy food more- it's ok to become a food snob
  - e. Hold the food, look at it, smell it and then feel it in your mouth and how satisfying it is. This will help slow down your eating
4. Simplify
  - a. Place healthy foods in convenient areas (in a bowl, on the counter, at your desk)
  - b. Out of sight, out of mind (unhealthy foods)
  - c. Place healthy options in refrigerator at eye level
5. Smile
  - a. Encourage yourself to take a mindful moment to smile or check in
  - b. If feeling full, you probably already overate
  - c. You want to feel satisfied, not full
  - d. Eat until you are no longer hungry
  - e. Satisfied is more emotional and could still technically eat more due to not being "full", but stop yourself

Book suggestion: 50 ways to soothe yourself with food

Ideas: Black tea can reduce cortisol levels, meditate, use any downtime to be mindful, use mindful breathing and relaxation (starting from top of head down to the feet)