

What is mindful eating?

Mindful eating is a practice of paying attention to the present moment while eating.



What does mindful eating involve?

Sensory aspects



Taste, smell, appearance

Body's cues



Hungry or full

Emotional



Happy or stressed

Mindful Practices

Focus

Eat food with awareness

No distractions



Mindful Practices



Listen to your body

Eating when hungry

Stop when full

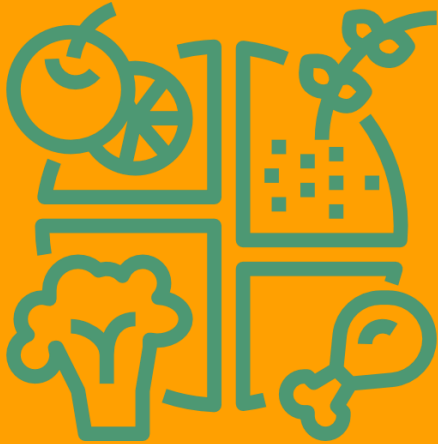
Mindful Practices

Stressful eating

People eat when they
are stressed or bored
No negative thoughts



Mindful Practices



Portion control

Use smaller plates and bowls

Eat small bites

Chew food properly

Mindful Practices

Drinking water

Nothing can beat water
when you are thirsty



Foods to avoid in general

- Cold foods and drinks
- Heavy or oily foods
- Raw vegetables
- Sweet foods
- Caffeine and alcohol



Best to start the day with warm, easy to digest foods.

List of lifestyle diseases

- Heart disease
- Obesity
- Diabetes
- Hypertension
- Osteoporosis
- PCOD
- Cancer

Stress management with mindful eating

Promotes relaxation

Regulates appetite

Reduces stress hormones





Mindful eating is a form of self-respect



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