**Our mindful eating message is simple: savour each bite**

When we start to think more mindfully about what we eat and savour each bite, we tend to eat healthier and eat only what our bodies need. Here are some ways to shift your thinking when it comes to food.

**Mindful eating can be broken down into one simple task – slowing down.**

Yes, that’s it – slow down when eating. It takes 20 minutes for your brain to know that your stomach is full. Although you may be hungry by the time you sit down to eat and can easily quickly devour your meal, it’s better to slow down. Not only will your mind know when you’re full, preventing you from overeating and taking in too many calories, your digestive system will work better too. Try to make mealtime a social and pleasant event – leisurely enjoy your meals with family and friends instead of eating while being distracted by social media or television.

Take some time to slowly savour each bite of a meal. Practise by mindfully eating an entire meal at least once this week. Consider each bite, using all your senses – think about the look, feel, aroma, taste and sound of the bites you take.  This mindful eating will remind you to slow down with other meals, causing you to appreciate your food and consume fewer calories.

**Another tip when eating? Meal planning.**

Plan your meals and snacks ahead of time so that you don’t have to be rushed. It seems when we’re busy, we tend to grab something quick to eat without considering its nutritional value and calories because our concern is primarily satisfying our hunger. But most people find when they plan meals ahead, they’re more likely to eat healthily and have more time dedicated to enjoying a meal instead of eating in a rush.

Our mindful eating message is simple: savour each bite – and enjoy the benefits.