# **MINDFUL EATING FOR WEIGHT LOSS**

Mindful eating, or as some may call it, the art of presence while you eat is using all your physical and emotional senses to experience and enjoy your food choices thus help you increase appreciation for the food and therefore improve the overall eating experience.

By eating mindfully one is more likely to feel full faster ,enjoy the meal and thus attain the “full” state faster thus increase the urge to stop eating.

The opposite, mindless eating ,may lead to eating large amounts of food as one is less attentive to the quantity. It may also leave one feeling unsatisfied thus leading to several helpings of the food.

**Some of the ways of practicing mindful eating include**

* **Savour small bites and chew thoroughly**

This increases the time taken to eat thus enabling one to slow down when eating. One is also able to take note of the colour, textures, smells and flavours of the food increasing gratitude.

* **Eat slowly**

It may take up to 15 minutes for the feeling of being full to kick in. Eating slowly therefore increases the chances of feeling satisfied earlier and therefore reducing the chances of getting another helping.

* **Avoid skipping meals**

Skipping meals, contrary to common belief that it helps in weight loss may actually slow down the process and could also be harmful. This is because if you lose too much weight quickly its actually muscle loss and not fat loss. Muscles in the body determine the metabolism rate and therefore less muscles lead to less metabolism thus lower calorie utilisation. In addition, skipping meals for too long may trick the body into thinking its undergoing starvation and therefore the next time you digress into your normal eating habits it will lead to more fat gain as the body is trying to prepare in case of another starvation period.

* **Avoid unplanned habitual eating**

Unplanned habitual eating, snacking once in a while may be caused by boredom or other emotional reasons such as feeling down. In such a scenario, it is advisable that one take a walk, phone a friend or even read a book. You may feel hungry but when you do it helps to stop and ask yourself, are you really hungry or just bored. Doing any other activity helps get your mind off the craving and if in fact it was boredom, then you are no longer bored right?

* **Keep to regular meals and snacks**

Having a set time for meals and snacks may reduce the need for the unplanned snacking in between once you get used to it. It requires discipline and therefore a strong sense of will is necessary. Having a food diary may also come in handy here where you write down each and every thing you consume. It is most efficient when done at the moment as there is less chance of forgetting.

Mindless eating may be one of the most common reasons for weight gain as people opt to eat when stressed, bored or when online or in front of a TV screen. Mastering mindful eating could therefore help a lot to one with a goal in weight loss.

Weight loss is a journey and requires a combination of exercise and dieting although dieting may have a bigger role to play.

It is good to remember that the best way to lose weight is to do it slowly by making small achievable adjustments to both your eating and physical habits.