



A quick start guide to

Eating thoughtfully

Evaluating the thoughts
we are feeding our minds



Our mindset determines how we nourish our bodies.



To eat thoughtfully means to focus on how and why we eat, rather than what and how much we eat.



This helps us learn the big things our body is telling us about hunger, fullness and satisfaction.



Cassandra Golden MS, RD
Registered Dietitian Nutritionist
Mindful & Instinctive Eating Practitioner



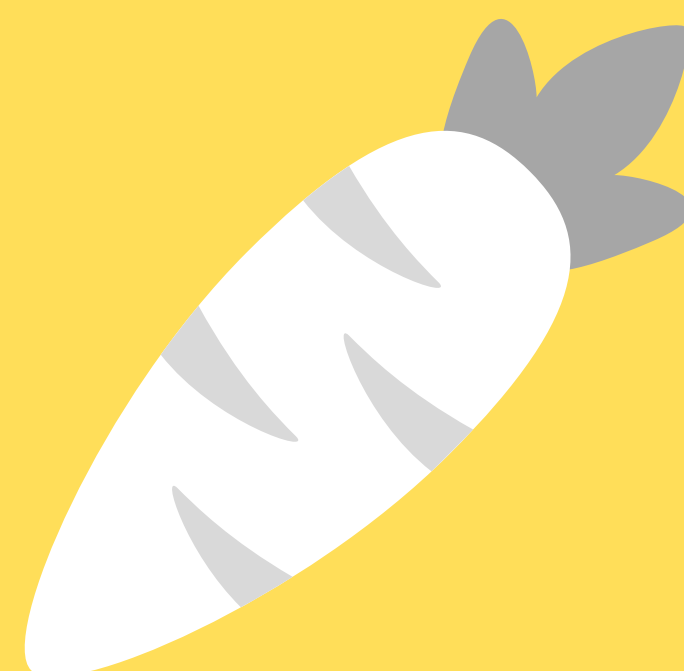
Eating thoughtfully is...

A nonjudgmental style of eating.

Any negative feelings associated with eating are replaced with awareness, confidence, and positive emotions.

Eating is driven by hunger and satisfaction rather than willpower or emotional triggers.

Appetite-based eating often results in weight loss, yet it is not the focus.





Shifting to a nourishment mindset

Years of chronic dieting can create a fear of hunger and fullness. These natural instincts are to be embraced and appreciated, not feared. There must be an intentional effort to change our mindset from a restrictive or habitual mindset to a nourishment mindset.

Start by asking yourself these nonjudgmental reflection questions:

How do I feel after eating? _____

How do I want to feel? _____

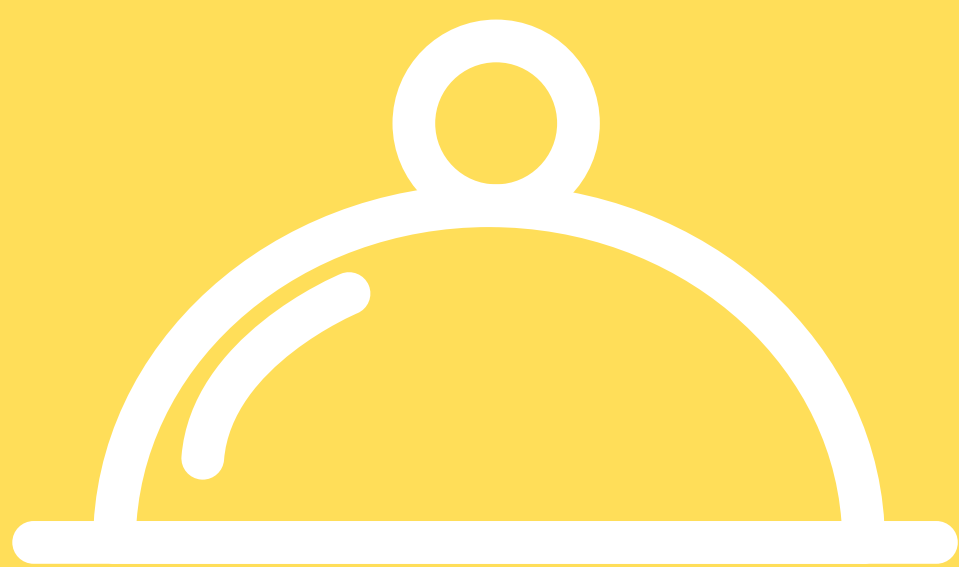
What guided my food choices? _____

Was it based on hunger, habit, emotions, availability or was it situational?_____

How would I rate my meal satisfaction? _____

What eating strategies would ensure better satisfaction?_____

Reflections:





Let's eat!

Begin the journey toward eating thoughtfully with...chocolate (gasp!)
Delicately place an individually wrapped piece of chocolate in front of you.
Approach this exercise with an open mind.

- This food does not hold any moral value.
- It is not “good” or “bad”.
- It is simply chocolate.

1

Assess the conditions of your eating environment. Turn off distractions and get comfortable (but not too comfortable!).

2

Pick up your wrapped chocolate but don't unwrap it yet. Place it in the palm of your hand. Bring awareness to the shape, the color, the texture of the outside wrapper. Feel the weight of it in your hand. Be patient with yourself if your mind starts to wander. Notice the thoughts and bring your attention back to the chocolate.

3

Slowly open the wrapper. Raise the chocolate to your nose and smell the chocolate. Slowly take a small bite of the chocolate. What is the first taste of the chocolate like? Was it what you expected? Notice any lingering flavors. Take another bite. Was the taste the same as you anticipated?

Reflection

How was this different from your normal way of eating chocolate?