

NEW YEAR / NEW YOU EAT WITH PURPOSE

Mindful eating is a non-judgmental practice that examines awareness of your natural hunger and satiety cues as well as the look, smell, taste and feel of food. This practice requires you to be present in the moment and acknowledge your thoughts and feelings in response to food. Mindful eating is not a diet but an eating approach that complements any dietary pattern.

Benefits of Mindful Eating

- Connects with your body's inner ability to feel hunger and satiety.
- Helps you accept your current relationship to food, allowing you to be present.
- Brings awareness to thoughts, feelings and physical sensations when eating.
- Teaches you to select food choices that both nourish your body and satisfy.
- May break less healthy eating patterns such as overeating or having dessert after every meal.

Tune Into Internal Factors

Increasing awareness around food includes noticing hunger and satiety cues along with acknowledging how food looks, smells, tastes, and feels to the touch.

- **Hunger Cues:** irritability, growling stomach, headache, fatigue, shakiness
- **Looks:** color, texture, shape
- **Smells:** fragrant, woody, fruity, chemical, minty, sweet, pungent
- **Tastes:** sweet, savory, sour, salty, umami
- **Touch:** soft, squishy, hard, brittle, coarse, smooth
- **Satiety Cues:** thoughts of food subside, feeling of contentment

Tune Out External Factors

Pay attention while eating and be present without judgment or distractions.

- Turn off screens
- Avoid standing
- Reduce multitasking, such as reading while eating
- Do not compare your plate to others
- Pause and consider before you purchase after viewing food marketing

Putting into Practice: Peeling an Orange

Mindful eating takes practice. Start with this exercise.

1. Focus on your physical hunger, your stomach may be growling, or you may feel irritable.
2. Look at your orange. Take in the color. Notice the texture: is it smooth or bumpy?
3. Smell the fruity or bitter elements of the orange as you peel the rind.
4. Taste the sweet and sour bites of each slice.
5. Notice the touch of each segment, the smooth covering with a squishy pulp.
6. Stop when you are satisfied by slowing down to acknowledge your contentment and avoid passing judgement.

Oregon Cascades West

Dining Centers & Days of Service Call for Lunch Reservations

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

LINN COUNTY

Albany Senior Center

Monday-Friday (541) 967-7647

Brownsville Christian Church

Tues & Thurs (541) 466-5015

Lebanon Senior Center

Monday-Friday (541) 451-1139

Mill City, First Presbyterian

Tues & Thurs (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

The Corvallis Elks

Monday-Friday (541) 223-1005

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri (541) 994-7731

Newport Senior Center

Mon., Wed., Fri (541) 574-0669

Siletz, Tribal Community Center

Mon & Wed (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County SR. CTR

Mon., Wed., Fri (541) 563-8796