



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
 A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Food for Thought

Mindfulness is usually associated with meditation or yoga, but what about the dinner table? Mindful eating is an approach that helps us become more aware of *what* we eat, *why* we eat, and *how* we feel when we eat. Practicing a few mindful eating habits every day can help us make healthier food choices and keep portion sizes in check.

Take It All In

Notice the color, texture, aroma, temperature, and taste of your food in order to fully appreciate your meal using all 5 senses.

Take A Tech Time-Out

Putting away your phone or laptop can help you focus on your body's hunger cues and enjoy the present moment.

Take Less

Our eyes are often bigger than our stomachs. Start with a smaller portion of food to avoid overeating and consuming excess calories.

Take Your Time

Eating slower allows you to savor and enjoy your meal while noticing all the flavors of the food. You may also notice when you start to become full.

Take Smaller Bites

This helps to slow down the pace of your eating and allows you to taste your food completely.

Take A Listen To Your Body

Eat when you are hungry and stop when you start to feel full. Following your body's natural hunger and fullness cues is a simple, yet important mindful eating skill to help fuel your body with the right amount of nourishment at each meal.



Take A Seat

Eating with others helps develop healthy relationships and makes your meal more enjoyable. So gather (virtually) around the table and enjoy a meal together.

Remember to Munch Mindfully

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References: *Journal of Nutrition Education and Behavior*. Available at [https://www.jneb.org/article/S1499-4046\(15\)00358-9/pdf](https://www.jneb.org/article/S1499-4046(15)00358-9/pdf).

Accessed on: September 15, 2018. Harvard Health. *8 Steps to Mindful Eating*. Available at www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating. Accessed on September 15, 2018.

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