

Mindful Eating for the Holidays



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What is Mindful Eating?

Being aware of how the food we eat affects our body, mind, and feelings. This includes listening and responding to internal cues from our appetite regulatory system.

Fact

The average American only puts on 1 pound during the holiday season. However, most people don't ever lose the 1 pound.

TIPS FOR MINDFUL EATING

Choose Dishware Carefully

- As the size of our dishware increases, so does the amount of food we consume.
- The standard plate size was 9 inches across in the 1960s. The plate grew to 12 inches across in 2009.

Limit External Distractions

- Turn off the television.
- Avoid standing while eating.
- Eat at the table.

Limit Temptation

It is common for holiday meals to include two protein dishes and three to four side dishes. Choose only three items for your plate. If you are still hungry when you're done, you can go back and try that fourth item.

Listen to Your Body

- Eat when you feel physically hungry.
- Stop eating when you no longer feel hungry.
- Tips to slow down:
 - Take a few deep breaths before you decide on what to eat.
 - Put utensils down between bites.
 - Focus on the food in your mouth rather than the food you will eat next.