

Mindful Eating Meditation

Objective

To increase your ability to eat mindfully using the Mindful Eating Meditation technique.

What to Know

This 11-minute audio will help you practice mindful eating.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are having a difficult time eating mindfully.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Meditation Script

This audio was produced by Between Sessions Resources. Copyright 2023. All rights reserved. Take a moment to pause and reflect on how often you eat on autopilot, rushing through your meals while your mind is preoccupied with various distractions. You may find yourself eating while scrolling through your phone, watching TV, or working on your computer. In this fast-paced world, the act of eating has become just another item on your to-do list, rather than a meaningful and nourishing experience.

Mindful eating invites you to bring your full attention and awareness to the present moment and to the food in front of you. It is a practice that involves cultivating a deep connection with your body, your senses, and the food you are consuming.

Mindful eating encourages you to slow down, savor each bite, and fully appreciate the flavors, textures, and aromas of your food. It is about being fully present and engaged with the act of eating, without judgment or distraction.

To start practicing mindful eating, begin by setting an intention to be fully present during meals. Create a calm and inviting environment, free from distractions such as screens or noisy surroundings. Take a few deep breaths to center yourself and bring your awareness to the present moment. As you begin to eat, engage all your senses. Notice the colors, shapes, and arrangement of the food on your plate. Observe the aroma and the temperature of the food. Feel the texture and weight of the utensils in your hands.

As you take your first bite, do so slowly and intentionally. Chew each bite thoroughly, savoring the flavors and textures. Pay attention to the changing sensations in your mouth as you continue to chew. Be present with the experience of swallowing, feeling the food as it goes down your throat.

As you eat, avoid multitasking or rushing. Put your utensils down between bites and take moments to pause and reflect. Ask yourself how hungry you are and how the food is making you feel. Notice any thoughts or emotions that arise as you eat, without judgment. If your mind wanders, gently bring it back to the sensations of eating.

Practicing mindful eating can also involve cultivating gratitude for the food you have in front of you. Consider the journey that the food has taken to arrive on your plate, from the farmers who grew it to the cooks who prepared it. Reflect on the nourishment that it provides for your body and the interconnectedness of all beings involved in the process of food production.

In addition to being present with the physical sensations of eating, mindful eating also encourages awareness of hunger and fullness cues. Pay attention to your body's signals of hunger and eat when you are truly hungry, rather than eating out of habit, boredom, or emotional reasons. Likewise, listen to your body's signals of fullness and stop eating when you are satisfied, rather than eating until you are overly full.

Practicing mindful eating helps you develop a healthier relationship with food, as you become more attuned to your body's needs and cues. It can also reduce mindless eating and emotional eating, which can contribute to overeating and weight gain. Mindful eating can also enhance

your enjoyment of food, as you learn to savor each bite and appreciate the sensory experience of eating.

Mindful eating can deepen your connection with your body and fosters a greater sense of self-care and self-compassion. By taking the time to truly nourish yourself through mindful eating, you are honoring your body and practicing self-care on a daily basis. Mindful eating can also be a form of meditation, as you bring your full presence and awareness to the act of eating, cultivating mindfulness in your daily life.

Now, let's deepen the connection to eating. Connect to your breath and body, feel your feet on the ground, and notice your experience at this moment. With your awareness in this moment, notice any thoughts, sensations, or emotions you are experiencing. Tune into the awareness and sensations you have in your body of feeling hungry, thirsty, or maybe even feeling full.

If you were going to eat or drink something right now, what is your body hungry for? What is it thirsty for? Just pay attention and notice with awareness the sensations that give you this information.

Now, pick up something to eat. Bring your attention to the item in your hand and imagine you are seeing it for the first time. Observe with curiosity as you pay attention and notice the color, shape, texture, aroma, and size. Is there anything else that you notice, sense, or feel?

Imagine what it took for this item to get to your hands: sunshine, water, time, processing, and shipping. You may choose to be grateful to everyone involved in the cultivation and preparation of this food. You may choose to bring in your own gratitude or blessing for your digestive system, which processes everything you eat and drink.

Now place the item between your fingers and feel the texture, temperature, and ridges. You may notice smoothness or stickiness. Again, notice if you have any thoughts, sensations, or emotions at this time.

Continue to breathe and be fully present in this moment.

Take the piece of food and bring it toward your nose and smell it with your full awareness. Notice if you have any memories, sensations, or reactions in your body.

Even before you eat it, you may notice you begin to have a digestive response in your body just by noticing and smelling this item. With full awareness of your hand moving toward your mouth, place the object into your mouth without chewing or swallowing it. Just allow it to be in your mouth and roll it around to different parts of your mouth and tongue. Notice the flavor and texture. Notice the physical sensations within your body, especially in your mouth and your stomach.

Continue to breathe as you explore the sensation of having this item in your mouth. Next take just one bite and notice the flavor, notice the change of texture. Then very slowly begin to chew and notice the parts of your mouth that are involved in chewing. Notice the sound and movement of chewing, as you continue to notice the sensations and flavor.

When you are ready, swallow this item and notice the path that it follows from your mouth and throat into your stomach. Notice the sensation and taste that may linger in your mouth. Connect again to your body and your breath and notice your experience in this moment.

Next, I invite you to pick up another food item, and choose to eat it however you wish. Pause and notice your choice and your experience. Notice how it is similar or different.

Mindful eating is an invitation to slow down, be fully present, and savor the experience.