HOW TO EAT CONSCIOUSLY

DON'T JUST SHOVEL IN FOOD, APPRECIATE IT
Eating is a sensory thing. How long has it been since you noticed the colours, textures, flavours and smells of your food? Try it today. This will help you eat mindfully instead of automatically.3

PAUSE IN THE MIDDLE OF A MEAL FOR TWO MINUTES
Put your fork, spoon, chopsticks down... and look at your food and think about how much more you think you will need to eat to leave you satisfied.1

EAT WITHOUT DISTRACTIONS
If you eat while you’re watching television, driving, on Facebook, working, playing Angry Birds and yes, even walking... you won’t be giving your food your full attention and therefore won’t ‘hear’ your body’s ‘I’m full’ message.2

DON'T WAIT UNTIL YOU’RE HUNGRY BEFORE YOU EAT
One of the keys to conscious eating is to keep your body adequately fed to avoid becoming overly hungry. If you’re ‘starving’ chances are you’ll overeat.2

RECOGNISE WHETHER YOU’RE HUNGRY BEFORE YOU EAT
You may not actually be hungry. You could just be bored, emotional or eating something ‘just because it’s there’3 (cocktail parties with little things on toothpicks are a big one for this).

DON’T EAT EVERYTHING OFFERED
You’re an adult now. If you don’t finish everything on your plate, nobody is going to send you to bed early.4

CHOOSE FOODS YOU LIKE
Society is so obsessed with eating right that we sometimes eat things we don’t even like. Feeling guilty about eating certain foods can actually cause you to eat more in the long run, not less.5

Sources: