



YOUR GUIDE TO *Mindful Eating*

Meriden McGraw, MS, MPH + Sian Cotton, PHD

Mindful eating means being fully attentive to your food as you buy, prepare, serve, and consume it. Mindfulness helps us get at the underlying causes of overeating, stress eating, or eating out of habit with awareness, curiosity, and kindness.

1

SLOW DOWN

Put away your devices. Even just for the first few bites of food. Use curiosity and engage all of your senses.

2

SEE

What does your food look like? How many different colors are there? What ingredients do you see?

3

SMELL

How does your food smell? Do you smell a specific ingredient?

4

FEEL

Is your food hot or cold? Crunchy or soft? Are you touching it with your hands or using utensils?

5

HEAR

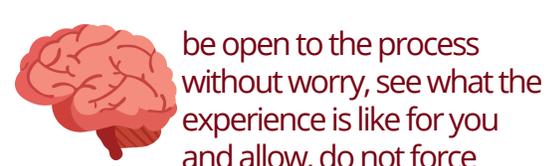
Can you hear your food sizzling, simmering, or being stirred? Does it have a crunch? Are there sounds happening around you?

6

TASTE

What flavors do you taste? Do you taste any specific ingredients? Does the flavor change over time?

 [Click here for a guided practice with Meriden](#)



Print this guide and hang it on your fridge as a mindful reminder



MINDFUL Menu

Mindful opportunities from the
Osher Center for Integrative Health

"Mindfulness is the awareness that arises through paying attention in a particular way, on purpose, in the present moment, non-judgmentally to the unfolding of experience moment-to-moment." - Jon Kabat-Zinn

Community

Virtual mindfulness offerings open to the community. Click for more information.

- MINDFUL MONDAY WITH DR. BARBARA WALKER..... EVERY MONDAY**
- 1-HOUR HOW AND WHY TO START A MINDFULNESS PRACTICE.....1/18/23**
- 5-WEEK PRACTICAL TOOLS FOR STARTING A MINDFULNESS PRACTICE.....2/7/23-3/7/23**
- 8-WEEK MINDFULNESS BASED STRESS REDUCTION.....4/5/23-5/24/23**

Patients

Virtual mindfulness offerings for patients with specific conditions. Click for more information.

- MINDFULNESS MEDITATION FOR CANCER.....MONTHLY 4 WEEK SERIES**
- MINDFULNESS MEDITATION FOR NEUROLOGY/PAIN MNGMT..MONTHLY 4 WEEK SERIES**

Workplaces

Customizable evidence-based programs aimed at decreasing stress and increasing resiliency resulting in less employee turnover and a happier, healthier workplace. Click for more information.

- INTRODUCTION SESSIONS (VIRTUAL OR IN-PERSON).....ONE HOUR**
- RETREATS (VIRTUAL OR IN-PERSON).....HALF OR FULL DAY**
- WEEKLY COURSE SERIES (VIRTUAL OR IN-PERSON).....4, 6, OR 8 WEEKS**
- CHAMPION (TRAIN THE TRAINER) SERIES.....FULL DAY**

CONTACT US



Meriden McGraw
Director of Workplace Mindfulness
meriden.mcgraw@uc.edu



Susie McDonald
Program Director, Mindfulness Programs
susan.mcdonad@uc.edu