



Food Sensations / Mindful Eating Exercise



Today you will learn *HOW* to be kind to your digestive system through mindful eating. When you chew slowly you release a digestive enzyme in your saliva called amylase. Amylase helps you to break down and properly digest your food.

This practical exercise can help you to change food preferences and introduce you to eating slowly and mindfully.

*Take time with this experiment and welcome your family to take part in this exercise as they too can find benefit in slowing down when eating and learning what they like, and what they don't like and why! **This will help you as the home cook develop food ideas to fit the needs of your family.** Pay attention to what you or your family likes or dislikes. Try to replicate what they do like, and try something new with what they do not like. Do not let yourself get discouraged! There is always a way to make food taste delicious and you are learning how to do that!! I encourage you to do this exercise at least 3 times over a few days. Be playful with it and have fun!*

Action Steps:

1. Choose 1 to 3 foods OR choose any meal that you have for dinner where you can sit and be present with the act of eating it.
2. Sit around the table. Perhaps your family or kids want to join you.
3. Pick up the food. Smell it. Look at it. Feel it in your hands or look at it on your fork, bite it and chew it very slowly.
4. Remember this food is made by You or by earth/creator, and there were also many people who worked together to bring this food onto your plate. Be grateful to all those people, including your family and yourself.
5. As you continue to take bites, remember that it contains nutrients our body, brain and gut flora needs. Be thankful also for this nourishment.
6. Slowly take another bite. Chew it 10 times and then swallow. Take a another bite as slow and conscious as possible. Be still in your mind and enjoy the sensation. What do you notice?
7. Once you are done these 6 steps, **ask the questions below** and document what you notice.



Document Your Experience:

What is Your Food/Meal of Choice? _____

Please document the following observations.

How did it smell?		
What did it feel like in your mouth?		
How did it taste?		
How did it feel in your tummy/body when you were done eating it?		

Rate this food 1 / 10 of how much you enjoy the sensation of the food. (in the far right column)

What is Your Second Food/Meal of Choice? _____

Please document the following observations.

How did it smell?		
What did it feel like in your mouth?		
How did it taste?		
How did it feel in your tummy/body when you were done eating it?		

Rate this food 1 / 10 of how much you enjoy the sensation of the food. (in the far right column)



What is Your Third Food/Meal of Choice?: _____

Please document the following observations.

How did it smell?		
What did it feel like in your mouth?		
How did it taste?		
How did it feel in your tummy/body when you were done eating it?		

Rate this food 1 / 10 of how much you enjoy the sensation of the food. (in the far right column)

***This exercise is the beginning. Aim to eat mindfully at every meal and engage in mindful practice while you cook and even when you clean up.**

“Put your heart, mind, intellect and soul even to your smallest acts. This is the secret of success” Swami Sivananda