

Mind Bites

Mindful eating facts



Did you know it takes **20 minutes** for the brain to receive a message when we are full?

During this time, it is easy to overeat.

Mindful eating encourages us to **engage the senses** and truly pay attention to what we eat by **removing distractions**.

A personal story



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Having been diagnosed with Irritable Bowel Syndrome (IBS) I often suffered with pain after eating.

Clinical trials have shown that mindfulness can work as effectively as tablets, at easing IBS symptoms.

When I can, I apply the principles of mindful eating and with regular yoga practise, my symptoms have improved.

Share your story by emailing:
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Mindful eating tips



Jot down your food plan for the week to help focus your intentions. Explore cooking with new ingredients. Taking in the new tastes, textures and flavours of these foods.



Pause and reflect halfway through a meal, think about how full you are feeling, do you need to finish the meal?



Have a seat, limit your distractions and focus on every bite.



Engage your senses, take your time to notice the taste, texture and smell of the food. What do you enjoy about it?



Try eating with your non-dominant hand or using a different utensil, such as chopsticks rather than a fork.

Useful links

- [Headspace – Mindful eating](#)
- [Help and support](#)
- [Raisin exercise](#)

Give us feedback [here](#).