

# NUTRITION BITES: MINDFUL EATING

AT THE HOLIDAYS

## SIGHT

What does the food look like? Is there an intricate design? Does it have a shiny glaze or a vibrant icing?

## SMELL

What does the food smell like? A ginger spice? An icy mint? A sweet candied fruit?

## SOUND

What does the food sound like? Does it crunch when you bite it? Does the wrapper crinkle when you open it?

## TOUCH

What does the food feel like in your hands? Soft? Sticky? Does it melt in your fingers as you hold it? What does the food feel like in your mouth? Is it crunchy or soft? Does it melt on your tongue? Is it cool or warm?

## TASTE

What does the food taste like? Is it sweet? Can you decipher the seasonings used? Does it taste similar to another food you enjoy?

## MEANING

Do you have a positive memory attached to the food? Are you enjoying the food with friends or family? Did someone you love gift the food to you?



# MINDFUL EATING

CAN HELP TO...



*Increase* your enjoyment of food

*Reduce* stress around sweet treats

*Connect* with others through food

*Regulate* your portion sizes

*Model* healthy food relationships to your family



Interested in learning more about mindful eating? Book an appointment with our Registered Dietitian by phoning 780-645-1188