

Mindful Nutrition for You and Your Family

We all want to eat healthy but did you ever think of eating mindfully? Here are some easy ways to integrate mindfulness into how and what you eat:

Think before you buy: One of the biggest challenges to good nutrition is knowing what it is you're putting in your body. Take the time to learn what's in the food you eat and you'll make better choices about what you buy.

Closest to the source is best: By the "source", we're referring to the earth. Foods that are closest to their natural state are usually the healthiest. The more frozen, packaged and processed a food item is, the less natural it is. When we eat things that are fresh and healthy, that's a step towards eating mindfully.

Help your kids understand where the food they eat comes from: Use mealtime to help kids learn about different food items and their source. Talk about where meats, vegetables and fruits come from, help them learn how different ingredients blend to create different things. Help them understand that the food on their plate often begins with a living thing, like a plant, fish, cow, pig or other animal.

Say a word of thanks before you dig in: Regardless of your source of faith, there is something to be said about saying a silent or verbal statement of thanks before you eat. Teaching children to do this encourages a sense of gratitude instead of entitlement around food and can help you build a connection between where your meal started before it ended up on your plate.

Close your eyes and notice the sensations and flavors: Eating on the run, drive thru's and packaged foods don't encourage mindfulness, they simply fuel our bodies with the nearest thing. Take time to really notice the tastes, flavors and textures of what you eat. Notice how you feel before, during and after. Once you start eating mindfully, you'll begin to stop eating before your full, you'll eliminate unhealthy foods from your diet, you'll naturally lose weight and you'll feel better overall.

To get started with a mindfulness practice, visit mindfulhub.com.

We wish you 20 minutes of mindfulness each day!

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