

Tip sheet

Mindful eating

Mindful eating is the practice of being fully present during meals, engaging all senses to appreciate our food. This approach not only enhances the eating experience but also offers significant benefits for both physical and mental health.



Physical health benefits

Responding to stress

When we're feeling stressed or overwhelmed, people are more likely to rush through their food, eat food that's 'easier' and perhaps not as healthy, or overeat – as if trying to fill an emotional void with something physical. Learning to eat more mindfully may help to manage symptoms of stress, but please remember that it's always important to address the underlying issues. If you need someone to talk to, please contact us on 0508 664 981, through our website www.vitae.co.nz, on our app or at our email assistance@vitae.co.nz

Balancing nutrients

According to the [2023/24 New Zealand Health Survey](#), only 9.1% of adults consumed the recommended daily intake of vegetables, and 47.1% for fruit. Mindful eating encourages us to pay closer attention to our food choices, giving an opportunity to change your nutritional intake – e.g. choosing fruit over processed sweets.

Portion control

Through greater awareness of how much their eating and when, people can re-learn the difference between 'boredom eating' and true hunger, which also helps people to better identify when they are full.

Mental health benefits

Beyond physical advantages, mindful eating fosters a healthier relationship with food, reducing instances of emotional eating. By being attentive to the eating experience, people can better identify emotional triggers and develop alternative coping strategies. This heightened awareness can lead to improved self-esteem and a more positive body image.

Practical tips for mindful eating

Eliminate distractions

Turn off devices and focus solely on your meal and people we are eating with.

Engage your senses

Notice the colours, smells, textures and flavours of your food.

Chew thoroughly

Take the time to chew each bite well, aiding digestion and allowing you to savour the taste.

Listen to your body

Eat when you're hungry and stop when you're satisfied, not stuffed.

Reflect on your food

Consider the effort that went into preparing your meal, building your gratitude and enjoyment.

Contact

0508 664 981
assistance@vitae.co.nz
www.vitae.co.nz