



YOUR SCORE INDICATES YOUR EATING TYPE IS MINDFUL EATER

In an overall sense of the meaning, mindfulness means focusing on the present moment while acknowledging and accepting your feelings, your thoughts, and your body. Be aware that mindfulness also goes beyond the individual. You are considering how food is prepared and eaten and how it affects the external world.

If not already doing so, the mindful eater can expand mindfulness by being fully attentive to all aspects of food through what is bought, prepared, packaged, how it affects the external world and how it is consumed.

If not already doing so, here are seven additional ways to expand your mindfulness.

Be mindful of the choices you are making when buying food. Ask, will this food nourish my body? Hopefully 99% of the time the answer will be yes. If you know a choice is not necessarily optimal for health, be content with the decision. Do not punish yourself for selecting an occasional less than optimal food.

Be grateful for the food you are about to eat. Be aware of the work of others that made your food possible.

Eat in moderation. If necessary, use smaller plates rather than larger plates.

Remember, it's possible that sometimes mindful eating is not always the same as healthful eating. One can be mindful while eating poorly nourishing foods as well. Practice mindfulness by choosing high quality nutrient dense plant-based foods from the full color spectrum allowing yourself to fully nourish your body.

Be mindful that eating a plant-based diet is not only better for your health but it's also better for the planet. If you are not ready or able to choose a fully plant-based diet, then just reducing animal-based foods is helpful for both you and the planet.

Avoid distractions while eating and enjoy the food before you. Be attentive to the colors, texture, aroma, and taste of the food you are eating.

Be sure to remain mindful of the powerful social, psychological, and marketing efforts that can alter our choices.

You've got this! I know you do!

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You might want to try some delicious plant based recipes! Enjoy!

<https://wholehealthlongevity.com/plant-based-recipes/>