



LYNN ROSSY  
**TastingMindfulness**  
Eat · Move · Live Mindfully

## The BASICS of Mindful Eating

**B**

### **Breathe and Belly Check Before You Eat**

Take 5 deep breaths. Notice if you have sensations of physical hunger, like mild gurgling or gnawing in the stomach. How hungry are you? What are you hungry for? Maybe you're hungry or maybe you're bored, tired, or stressed.

**A**

### **Assess your Food**

What does your food look like? Notice the colors. Does it look appealing? What does it smell like? Where does it come from? Is it natural and unprocessed or is it highly-processed? Is this the food you really want? A brief pause to assess can give you lots of information.

**S**

### **Slow Down**

Slowing down while you are eating can help you enjoy your food and be able to tell when the body has had enough. To slow down, try putting down your fork or spoon between bites, pausing and taking a breath between bites, and chewing your food completely.

**I**

### **Investigate Your Hunger Throughout the Meal**

Be aware of your distractions and keep bringing your attention back to eating, tasting, and assessing your hunger and satiety throughout the meal. Half-way through, you may discover you are no longer hungry even though there's food on your plate. Give yourself permission to stop or to continue eating based on awareness of your hunger and satiety cues.

**C**

### **Chew Your Food Thoroughly**

By chewing your food thoroughly, your body will process the food more efficiently. You will notice your hunger dissipating sooner and a sense of satiety will be registered in the body. The sooner you are aware of satiety, the less likely it will be you will over-eat.

**S**

### **Savor Your Food**

Food is a wonderful part of our lives. Savoring your food means a combination of the following: (a) taking time to choose food you really like and would satisfy you right now; (b) picking food that honors your body and your taste buds; and (c) being fully present for the experience of eating and taking pleasure in that experience.

## **Mindfulness: Changing How You Work and Live**

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### **Mindfulness defined**

Paying attention in a particular way—on purpose, in the present moment, and nonjudgmentally. ~Jon Kabat-Zinn

### **Books**

Kabat-Zinn, Jon (2016). *Mindfulness for Beginners—Reclaiming the Present Moment—and Your Life*. Sounds True.

Williams, M. and Penman, D. (2012). *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*, Rodale Books.

Rossy, L. (2016). *The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life*. New Harbinger.

Rossy, L. (2021). *Savor Every Bite: Mindful Ways to Eat, Love Your Body, and Live with Joy*. New Harbinger.

Tan, C. (2012). *Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace)*, HarperOne.

Gunaratana, B. (2011). *Mindfulness in Plain English*. Wisdom Publications.

### **Social Media**

Blog: [www.LynnRossy.com](http://www.LynnRossy.com)

Facebook: <https://www.facebook.com/TastingMindfulness>

Twitter: <https://twitter.com/DrLynnRossy>

Apps: [Insight Timer](#)

### **Classes**

Mindful Eating and Yoga Retreats – Check out my offerings on [www.LynnRossy.com](http://www.LynnRossy.com)

Kripalu and Energy Medicine Yoga Classes – [alleyCat Yoga](#) in downtown Columbia (currently offered online)

Mindfulness-Based Stress Reduction Program – offered free by Palouse Mindfulness  
<https://palousemindfulness.com/>