



Mindful Eating Challenge

Week 4

Time to Taste

What

How long does it usually take you to finish your meal? If you are like most people, probably not very long. This week you will be slowing down and taking your time when you eat your meals. Take time to eat this week – eat each meal for at least 20-30 minutes. No rushing!

How long

You will be doing this goal for at least one meal for at least 5-7 days.

Why

We are busy. And technologies that have been created to save us time have made us even busier. With so much to do and so little time to do it, we often find ourselves looking for ways to save or cut time and unfortunately meal time has been, for many people, one way to do that.

Taking time to eat has at least two benefits:

1. Taking time to eat allows your digestive system to do its work. The faster you eat, the more your digestive system has to do in a shorter amount of time. The results of this can be chronic indigestion, gas, bloating and nausea.
2. It takes your brain about 20 minutes to realize your stomach is full. If you eat too fast, you are not allowing this connection to happen and may continue to eat past the full point. Imagine how many fewer calories you can end up eating if you just give your brain enough time to know you are full.

Resources

- Article on the benefits of eating slowly: http://longevity.about.com/od/lifelongnutrition/a/eat_slow.htm
- Five reasons to eat slower: <http://zenhabits.net/5-powerful-reasons-to-eat-slower/>
- WebMD article: <http://www.webmd.com/diet/features/slow-down-you-eat-too-fast>