



Mindful Eating Challenge

Week 3

Chewbacca

What

No, this goal isn't to dress up as your favorite Wookiee for dinner. It is to remember that common motherly plea to "chew your food".

This week you will focus on mindfully chewing the bites of food of your meal until it has turned to mush and then swallow (15-20 times might be a good guideline depending on the food you are eating).

Make sure you don't forget to do this one before you start eating! Try giving yourself a reminder to make sure you accomplish it and be extra mindful!

How long

Chew your food well (to mush) for at least one meal for 5-7 days this week.

Why

Digestion begins in the mouth. Often we are so rushed or so mindless when we eat that we simply chomp down a few times and swallow. Not only does this not allow us to savor the food we have, but it gives the rest of our digestive system more to do. This can result in chronic upset stomach, bloating and indigestion. So help your body out and appreciate the food you have at that same time!

Resources

- Article on how to properly chew your food: http://www.ehow.com/how_2056134_properly-chew-food.html
- SparkPeople article: http://www.sparkpeople.com/resource/nutrition_articles.asp?id=963