



# Mindful Eating Challenge

Week 5

## Turn it Off

### What

Your goal this week is to eat in a distraction-free environment. This means turning the television and cell phone off, not eating at your desk or in front of the computer, and putting the newspaper or other paperwork away. When you eat, you are focusing your attention on your meal and not on other distractions. Note: this applies to your dinner companions too (i.e. no kids texting at the dinner table)!

### How long

Do this goal for at least one meal for 5-7 days.

### Why

When we are distracted it is impossible to mindfully eat. If we are watching TV, waiting for the phone to ring, or cemented in front of a computer screen, our minds are on other things. This mindless eating leads to overeating simply because we are not paying attention.

Take the time to really appreciate the food you have access to. As you eat, think about where it came from and how it got to the store for you to eat. If you grew the food, think back to the care and time you took to nurture its growth. Slow down, savor and enjoy.

### Resources

- Article on distracted eating: [http://caloriecount.about.com/article/distracted\\_eating](http://caloriecount.about.com/article/distracted_eating)
- Eat. Talk. Connect!: <http://www.co.dakota.mn.us/Departments/PublicHealth/Projects/FMResourceKit.htm>
- New York Times article: <http://www.nytimes.com/2006/04/05/nyregion/05dinner.htm>