



Mindful Eating Challenge

Week 5

Hara Hachi Bu

What

Hara Hachi Bu is a cultural practice in Okinawa, Japan and roughly translates to mean eating until you are 80% full. Okinawa was one of the cities studied in the book *The Blue Zones* by Dan Buettner, who found that residents in the Japanese city had a higher than average number of people living healthy lives who were over the age of 100 years old.

This week's goal is to simply be mindful of how you are feeling at all times when eating and frequently assessing if you are getting full. You might ask, "Well, how do I know when I'm 80% full?" Exactly! Your challenge is to answer that question and to find out when you are feeling *almost* full and stop eating, instead of stopping eating when you are already full.

How long

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

Why

Being mindful of how full we are getting helps prevent us from overeating because we are giving our stomach enough time to send signals to the brain telling it that we have eaten enough. It takes roughly 20 minutes for our stomach to send those signals to our brain, so if we are eating too fast and are unaware of becoming satisfied, we overeat.

Think of it this way: if we stop eating when we are 80% full, we are eating 20% less calories and are still able to feel satisfied without feeling deprived.

Resources

- Okinawan eating: http://okinawa-diet.com/okinawa_diet/hara_hachi_bu.html
- Okinawa diet plan: <http://www.livestrong.com/article/71909-outline-okinawa-diet-plan/>
- University of California, Berkley article: <http://www.wellnessletter.com/html/wl/2001/wlFeatured0901.html>