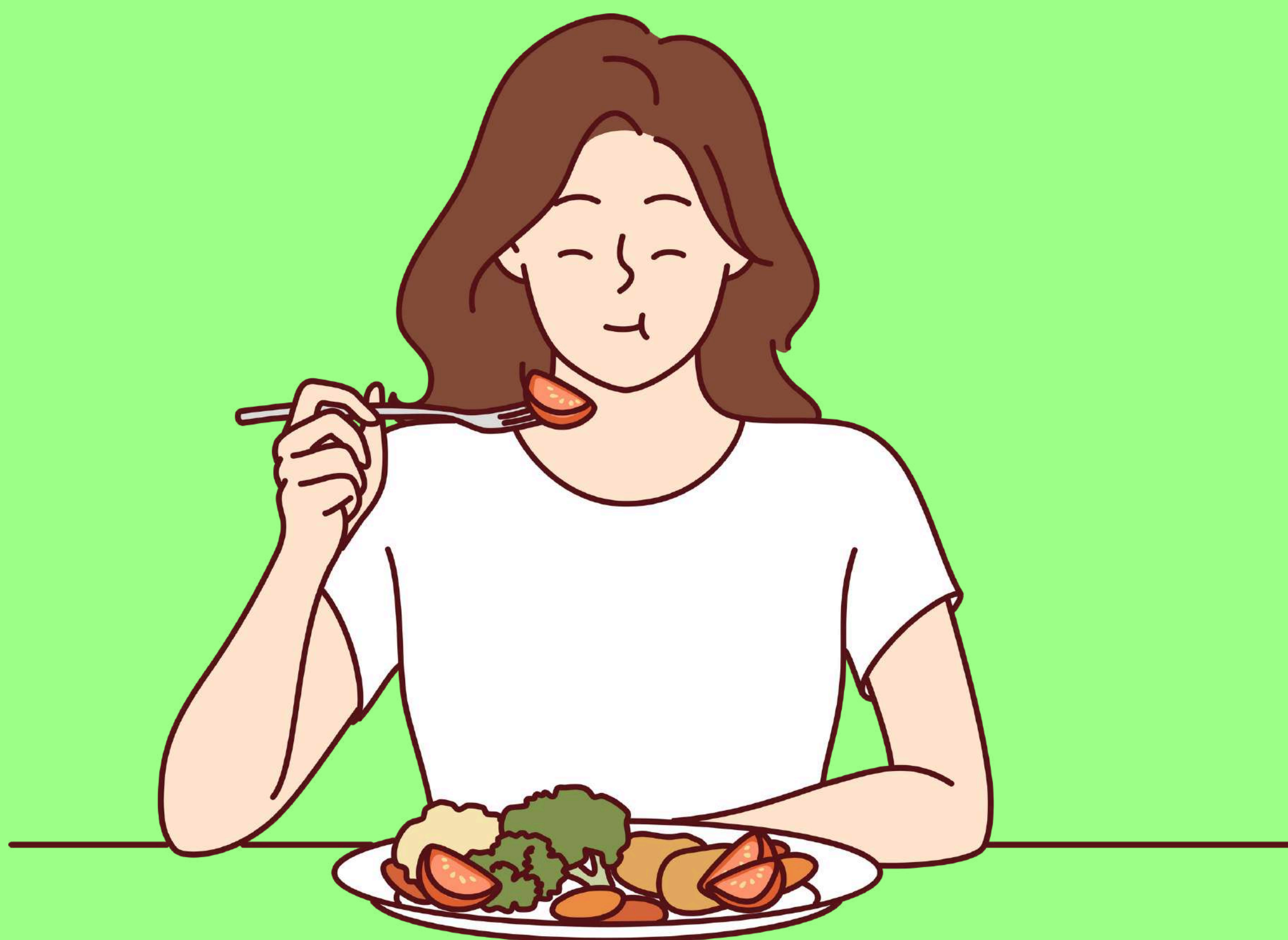


YOUR COMPLETE GUIDE TO...

MINDFUL EATING



THE UNDIET COMPANY

DO YOU LOOK AT A SCREEN WHILST EATING?

In today's world, we're always connected – texting, scrolling, or glued to a screen.

For many of us, eating without distractions feels almost impossible...

Watching TV during dinner, checking emails at breakfast, or scrolling TikTok with a snack in hand ... it's become second nature.

But here's the problem: when you eat distracted, you're not really eating. You're on autopilot. And over time, this mindless habit can lead to some **serious consequences**.

From overeating and digestive issues to emotional eating and binge eating, distracted meals take a toll on your health – and your relationship with food.

The good news? It doesn't have to stay this way. By learning how to eat mindfully, you can break free from these habits and completely transform how you feel about food.

Ready to take the first bite? Let's dive in.

WHAT IS MINDFUL EATING?

Mindful eating is about being fully present when you eat.

You notice your food's taste, smell, and texture. You slow down and enjoy each bite. You listen to your body's natural signals of hunger and fullness.

It's not about rules, restrictions, or calorie counting. It's about creating a calm, healthy relationship with food.

When you eat mindfully, food becomes something you enjoy, not something you fear or overuse. You stop eating out of boredom, stress, or habit, and start eating because your body needs it.

This simple shift can change everything – how much you eat, how you feel after meals, and your relationship with food.



THE DIFFERENCE BETWEEN MINDFUL AND MINDLESS EATING

Mindless eating is when you eat without thinking. You're distracted, rushed, or eating just because food is in front of you.

Picture this: *You sit in front of the TV with a bag of chips, and before you know it, the bag is empty. You barely remember eating the chips and don't feel satisfied at all.*

Sound familiar? That's mindless eating.

Mindful eating is the opposite. You slow down, pay attention, and fully experience your food. You notice flavours, textures, and how your body feels.

When you eat mindlessly, you're disconnected. You're more likely to overeat and feel unsatisfied.

Mindful eating reconnects you to your body so you can stop when you've had enough.

THE DANGERS OF NOT EATING MINDFULLY

When you eat mindlessly, it's easy to ignore your body's signals. Here's how this habit can hurt you over time:

1. Overeating

When you eat quickly or while distracted, you don't notice when you're full. You eat more than your body needs, leading to discomfort and weight gain.

2. Emotional Eating

Mindless eating can turn food into a coping mechanism for stress, sadness, or boredom. Instead of dealing with emotions, you numb them with food.

3. Binge Eating

For many people, mindless eating can spiral into binge eating (*i.e. eating large amounts of food quickly, often to the point of feeling sick*). This cycle leaves you feeling out of control and ashamed.

4. Poor Digestion

Eating too quickly or while distracted can upset your stomach. When you don't chew properly, your body has to work harder to digest food.

5. Weight Gain

Over time, overeating and emotional eating can lead to unwanted weight gain and other health problems.

6. Poor Attention Span

According to top researchers, our attention spans have decreased by 66% since 2004. This can lead to many negative consequences, including poor performance in our daily tasks. By distracting ourselves whilst we eat, we're only further reducing our attention spans and training our brains to avoid boredom at all times.



THE PHYSICAL AND MENTAL BENEFITS OF MINDFUL EATING

Mindful eating doesn't just change how you eat – it changes how you feel about food and your body.

- **You lose weight.** Mindful eating reconnects you to your body's hunger and fullness cues. You stop eating when you're satisfied, not when you're stuffed. This stops you from overeating.
- **You enjoy food more.** Mindful eating teaches us to slow down and appreciate the flavours, textures, and smells of our meals. You may find that food becomes more enjoyable when you're fully present with it.
- **You reduce stress.** When you eat mindfully and are fully present with your food, meals become a time to relax and enjoy, not stress. I guess you could say that mindful eating is kind of like meditating whilst you eat!
- **You improve digestion.** Chewing your food properly and eating slowly helps your body process food better.
- **You reduce emotional & binge eating.** By recognising your emotions, you can respond without turning to food.

These changes may feel small at first, but they have a big impact over time. Continue reading for our proven 6-step framework to eat more mindfully.

HOW MINDFUL EATING BREAKS THE CYCLE OF BINGE EATING

Binge eating happens when you eat quickly, often in response to emotions or stress. It feels automatic – like you can't stop.

Mindful eating breaks this cycle by reconnecting you to your body. When you slow down and tune in, you can:

- **Notice binge triggers.** You start to see what emotions or situations lead to binge eating.
- **Pause before reacting.** Instead of rushing to eat, you can choose how to respond.
- **Listen to your hunger cues.** You can tell when you're physically hungry versus eating out of habit or emotion.
- **Stop when satisfied.** Mindful eating helps you recognise when you've had enough, so you don't overeat.

If binge eating feels like it's controlling you, practising mindful eating is one of the core things you can do to help you regain control over food and stop binge eating for good.

HOW TO PRACTICE MINDFUL EATING (6 SIMPLE STEPS)

Mindful eating is simple, but it takes practice. Start by following the steps below next time you sit down for a meal by yourself.

1. Sit down to eat & put away all distractions.

Avoid eating on the go, at your desk, or in front of the TV. Sit at a table, put your phone away and make your meal the main focus. It'll feel super strange at first, and you might even have the compulsive urge to do something whilst you eat to distract yourself. But if you push through this feeling, you'll adapt quickly and notice a world of difference within just a few days.

2. Take a deep breath before your first bite.

Pause for a moment. Notice how your food looks and smells. This helps you slow down and shift into a calm state.

3. Eat slowly and chew thoroughly.

Take small bites and chew each one well. Put your fork down between bites. Notice how the food tastes and feels in your mouth. Chew until your food is as close to liquid as possible. (Remember the saying, "*Drink your food and chew your water*"). Doing so will improve the digestion of your food and reduce bloating.

Slowing down and chewing more can also help prevent overeating because your brain will have time to register that you're full.

4. Tune in to your body's hunger cues.

Halfway through your meal, pause and ask yourself: *“How hungry am I? How full do I feel?”* Stop eating when you're satisfied – not stuffed. As you practice mindful eating, you'll become more attuned to your body's natural hunger and fullness signals.

6. Notice your thoughts and feelings.

Are you eating because you're hungry, or because you're stressed, bored, or sad? By paying attention to how you're feeling whilst eating, you recognise when you're eating for emotional reasons rather than physical hunger. By paying attention to your emotions, you can develop healthier coping strategies that don't involve food.



EXTRA THINGS YOU CAN DO TO EAT MORE MINDFULLY

On top of the 6 step mindful eating process we just talked about, here are a few additional things you can do to build mindful eating into your daily life:

Start with one meal a day.

Choose one meal to practice mindful eating. Breakfast, lunch, or dinner – it doesn't matter. You can always build from here, but to make it less overwhelming, just start with one meal per day!

Use smaller portions.

Serve yourself a smaller amount to start. You can always get more if you're still hungry.

Keep a food & mood journal.

Write down how you feel before, during, and after meals. This can help you identify emotional triggers and patterns.

Practice gratitude.

Take a moment to appreciate your food. Where did it come from? Who made it? Gratitude can deepen your connection to the meal.

ANCIENT JAPANESE CONCEPT OF 'HARA HACHI BUN ME'

In Okinawa, Japan, people practice something called **Hara Hachi Bun Me (腹八分目)**, which means *“eat until you’re 80% full.”*

Instead of eating until you’re stuffed, you stop when you’re satisfied but not completely full. You leave a little room in your stomach.

The idea is that by stopping before you're completely full, you avoid overeating and give your body time to register fullness.

This simple habit is one reason why Okinawa has some of the longest life expectancies in the world.

Mindful eating and Hara Hachi Bun Me work hand in hand. By slowing down and paying attention, you can notice when you’re satisfied and stop eating before you feel uncomfortable.

Ask yourself during meals: *“Am I 80% full? Can I stop here and still feel good?”*

OVERCOMING CHALLENGES WITH MINDFUL EATING

Mindful eating isn't always easy, especially if you're used to eating quickly or when distracted. Here's how to handle common challenges:

“I don't have time to eat slowly.”

You don't need an hour to eat mindfully. Even five minutes of slowing down and tuning in can make a big difference.

“I get distracted easily.”

Start by turning off screens and sitting in a quiet space. If your mind wanders, gently bring your focus back to your food. If you're eating with friends and family, get everyone to put their devices away and be fully present in the conversation.

“I forget to eat mindfully.”

Leave a sticky note on your table or set a phone reminder. Make mindful eating a small, intentional habit.

“It feels strange and frustrating at first.”

That's normal. New habits often feel weird. Stick with it, and it will start to feel natural over time. Mindful eating is a practice. The more you do it, the easier it gets.

“I don’t like eating alone and in complete silence.”

If you live alone and don’t like eating in complete silence, you can try putting some music or a podcast on in the background. You can even put a show or movie on that you’re familiar with and don’t have to concentrate hard on. However, you should still follow the 6-steps of mindful eating.

USING MINDFUL EATING TO HEAL FROM BINGE & EMOTIONAL EATING PROBLEMS

Sometimes, eating **isn't** about hunger.

Stress, boredom, sadness, or even loneliness can lead to binge eating or emotional eating. It feels comforting in the moment but leaves you feeling worse afterwards.

Mindful eating can help you break this cycle. Here's how:

1. Pause before you eat.

When you feel the urge to eat, stop for a moment. Ask yourself: *“Am I hungry, or am I trying to soothe an emotion?”*

2. Identify the emotion.

If you're not hungry, what are you feeling? Name it: stress, boredom, loneliness, anger, or something else.

3. Respond to the emotion.

Once you've identified the emotion you're feeling, think of healthier ways that you can cope with that emotion. If you're stressed, try deep breathing, stretching, or a quick walk. If you're lonely, call a friend or cuddle a pet. Find ways to meet your emotional needs without turning to food.

4. Eat mindfully if you still want to eat.

If you decide to eat, do it mindfully. Choose something you truly enjoy, and savour every bite.

Stopping binge and emotional eating isn't about willpower. It's about learning to understand your emotions and finding better ways to care for yourself.



TYING IT ALL TOGETHER

Mindful eating isn't just a tool – it's a mindset. It's a way to enjoy food, trust your body, and feel more balanced.

By slowing down, paying attention, and listening to your body's signals, you can transform how you eat and how you feel. Food stops being the enemy and becomes something you enjoy again.

Start small. Focus on one meal at a time. With practice, mindful eating will become second nature – and the changes you'll see in your health, mood, and relationship with food will be life-changing.

When you practice it regularly, you'll notice big changes:

- You'll feel more satisfied after meals.
- You'll stop overeating and start eating the right amount for your body.
- You'll enjoy food without guilt or stress.
- You'll feel calmer and more in control around food.

But remember, it's not about being perfect.

Mindful eating is a journey. Some days you'll do it well, and other days you might fall back into old habits. That's okay.

Every meal is a new opportunity to practice.

STRUGGLING WITH BINGE EATING? BOOK A FREE CALL WITH US!

You've learned how mindful eating can transform your relationship with food and help you to stop binge eating. But knowing what to do is only half the battle.

Putting it into action? That's where most people get stuck.

This is your chance to change that.

If you're serious about breaking free from binge eating for good, I'd love to invite you to book a free Food Freedom Strategy Call with a binge eating expert at The Undiet Company.

Here's what will happen on the call:

- We'll dive deep into your journey – your struggles, your triggers, and the obstacles holding you back.
- We'll map out a clear, personalised action plan to help you overcome binge eating and create a life where food feels easy and enjoyable again.
- If you're a good fit for any of our programs, we'll tell you about them.
- You'll leave with clarity and confidence about what to do next – and how to make it happen.

This call **isn't** about giving you vague advice or a generic checklist. It's about creating a tailored roadmap that works for you.

And the best part? **It's completely free.**

You don't have to keep going around in circles, trying to figure it out on your own. Let's work together to create the change you've been searching for.

Click the link below to book your free Food Freedom Strategy Call now:

<https://undiet.co/food-freedom-strategy-call>

