

# THE NUTRISTIC METHOD

## Mindful Eating Exercise

### Rebuilding Trust With Your Body

Mindful eating is a skill.

It helps you:

- Recognize hunger and fullness
  - Reduce overeating
  - Improve digestion
  - Feel more satisfied
  - Break the autopilot eating cycle
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### Part 1: The Mindful Meal Practice

Choose one meal or snack.

Sit at a table.

(Not your desk. Not the couch.)

Remove distractions:

- Phone, Tablet
- TV
- Computer
- Book, Mail

Your only job is to eat.

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### While You Eat

Slow your pace.

- Take smaller bites
- Chew more than usual
- Put your fork down occasionally
- Take a breath between bites

This may feel uncomfortable at first.

That's normal.

You're changing an old pattern.

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## **Use Your Senses**

Notice:

- How the food looks
- The smell
- The texture
- The taste
- The change in flavor from first bite to later bites

The first few bites are usually the most intense.

As satisfaction rises, the taste becomes less exciting.

That subtle shift is a fullness cue.

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## **Check In Mid-Meal**

Halfway through, pause and ask:

- Am I still hungry?
- Am I satisfied?
- How does my stomach feel?

No judgment.

Just information.

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## **Part 2: Indulging in a Treat Mindfully**

When you want a treat—have it.

But slow it down.

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### **Step 1: Pause First**

Before eating it, take one breath.

Ask yourself:

- Am I physically hungry?
- Am I stressed, bored, tired, or emotional?
- Do I simply want this because it will taste good?

There is no right or wrong answer.

This is about awareness—not control.

## **Step 2: Eat It With Intention**

Sit down.  
Remove distractions.  
Take small bites.  
Chew slowly.

Taste it fully.

The first few bites will usually taste the best.

Notice when the intensity fades—that's often your body signaling satisfaction.

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## **Step 3: Stop at Comfortable Satisfaction**

As you eat, gently ask:

- Am I still enjoying this?
- Am I satisfied?

When satisfaction drops or fullness rises, pause.

You can always save the rest for later.

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## **If It Feels Awkward...**

That means you're doing it right.

You are retraining your nervous system.  
You are rebuilding awareness.  
You are strengthening self-trust.

This is how the restrict–overeat cycle weakens.

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## **The Goal**

One mindful meal per day.  
One mindful treat when desired.

Awareness over autopilot.

That's how lasting change happens.