



MINDFUL EATING

Leslie Flowers, NBC-HWC

Director of Communications + Wellness Advisor

INDIANA UNIVERSITY SCHOOL OF DENTISTRY

National Board-Certified Health & Well-being Coach

Duke University Center for Integrative Medicine

Mindfulness-Based Stress Reduction Teacher

Brown University Mindfulness Center





MINDFUL EATING

No disclosures or any financial interests.



SAVE THE DATE

First Annual

IDA Be Well Summit

Oct 4-5, 2024

Produced by the Be Well Subcommittee of the
Dental Practice Committee

Keynote speaker

Dr. Brett Kessler

ADA President-Elect

Raisin Eating Practice





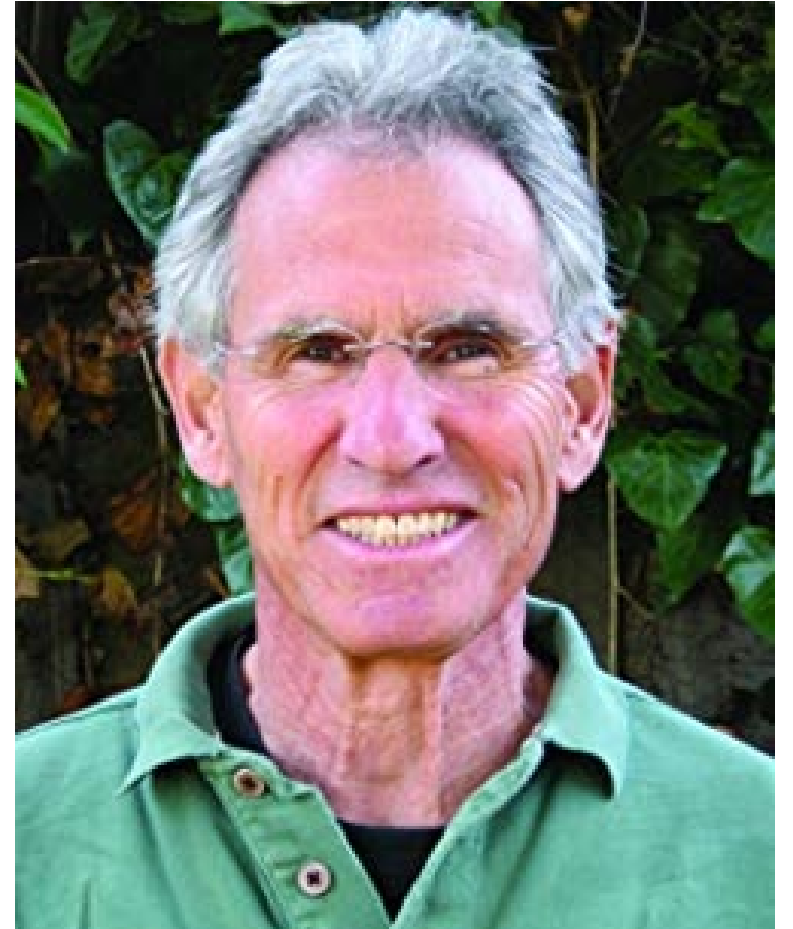
What is mindful eating?

Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt

MINDFULNESS

Mindfulness is
paying attention, on purpose,
in the present, and
non-judgmentally
to the unfolding of experience moment
by moment.

Jon Kabat-Zinn, PhD





Principles of mindful eating

*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*



Principles of mindful eating?

Non-Judgment

*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*



Principles of mindful eating?

Awareness

*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*



Principles of mindful eating?

Presence

*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*



Principles of mindful eating?

Gratitude

*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*

Recognizing Internal and External Cues



THE HUNGER SCALE



External Cues

Social influences
Food availability
Advertising



THE HUNGER SCALE



Internal Cues

Hunger

Fullness

Emotions

Thoughts

Beliefs



THE HUNGER SCALE



Internal Cues

Hunger

Fullness

Emotions

Thoughts

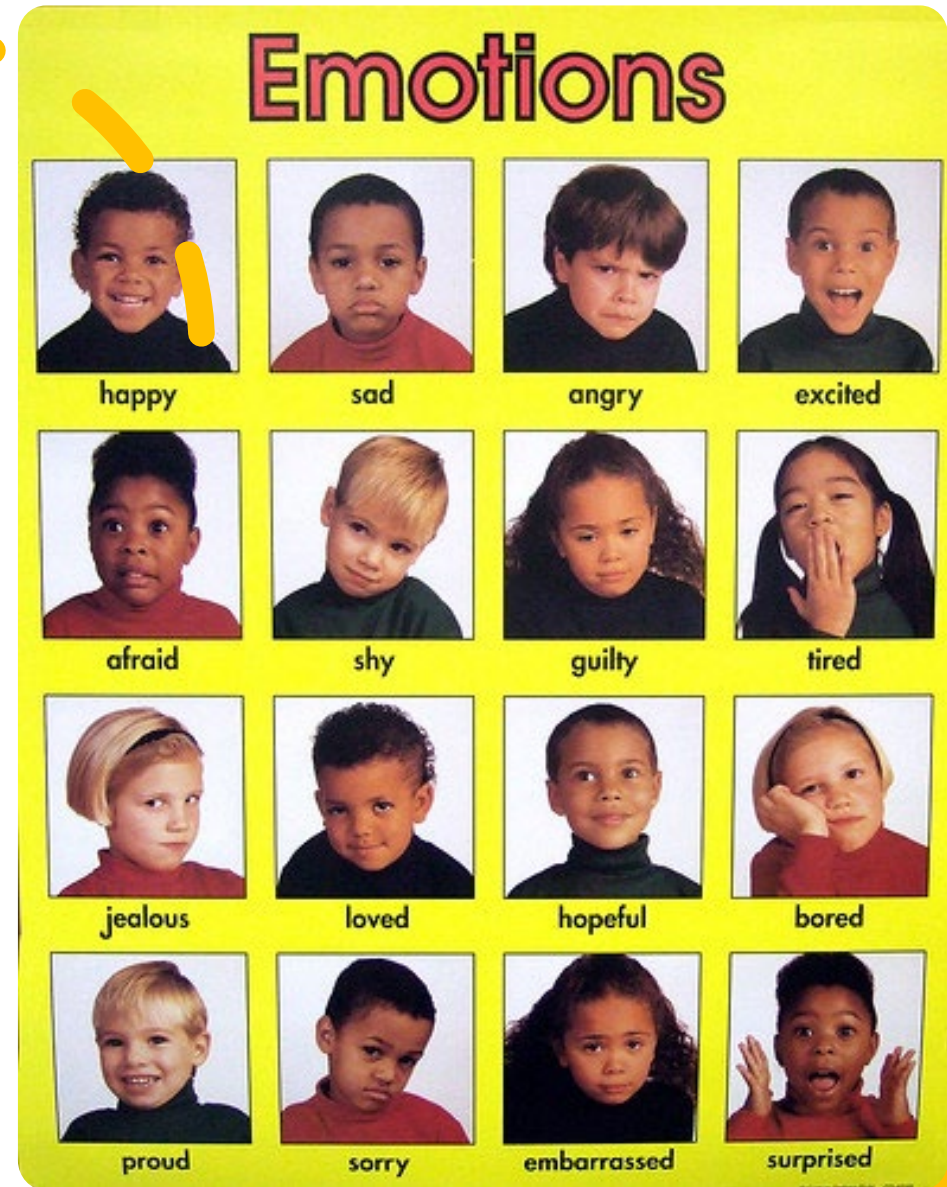
Beliefs



THE HUNGER SCALE

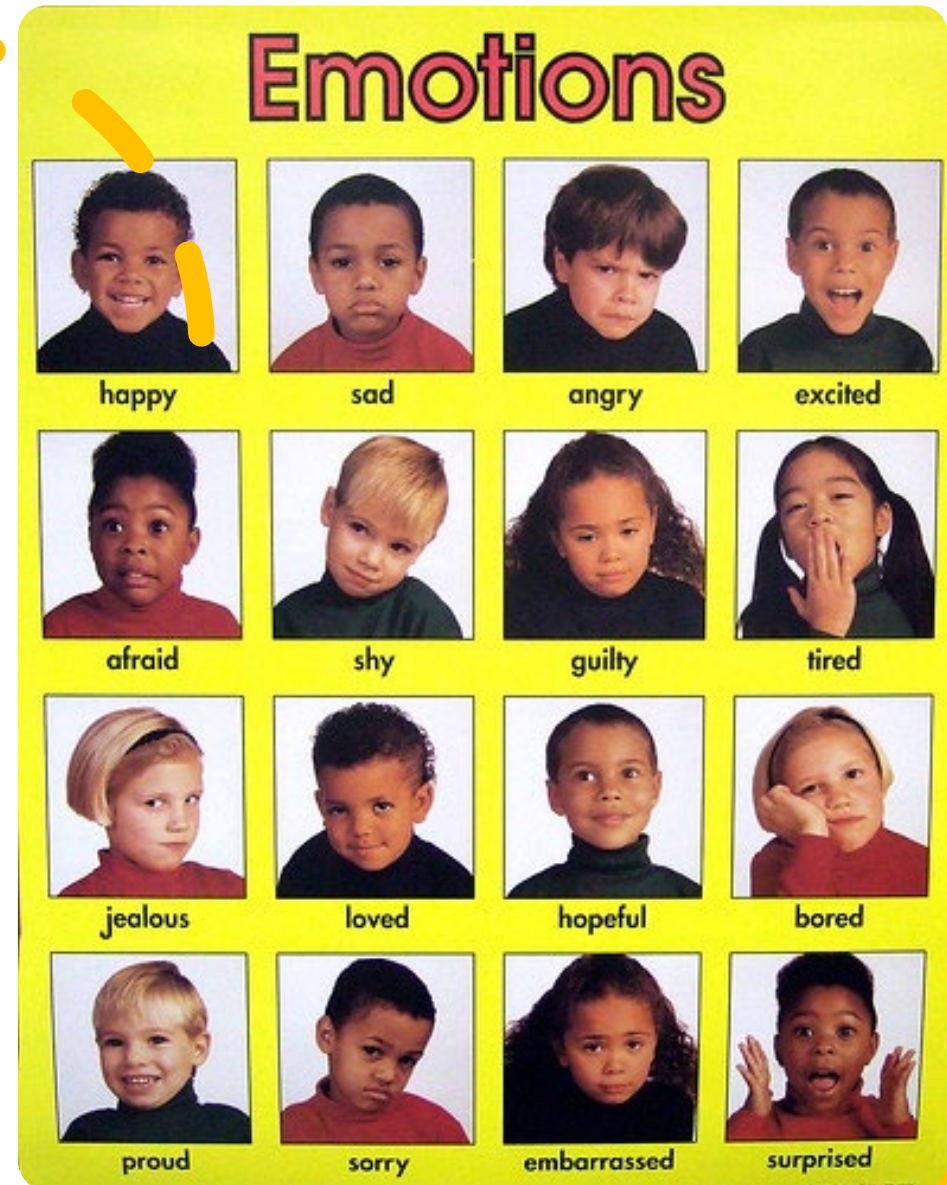


Responding to emotional cues



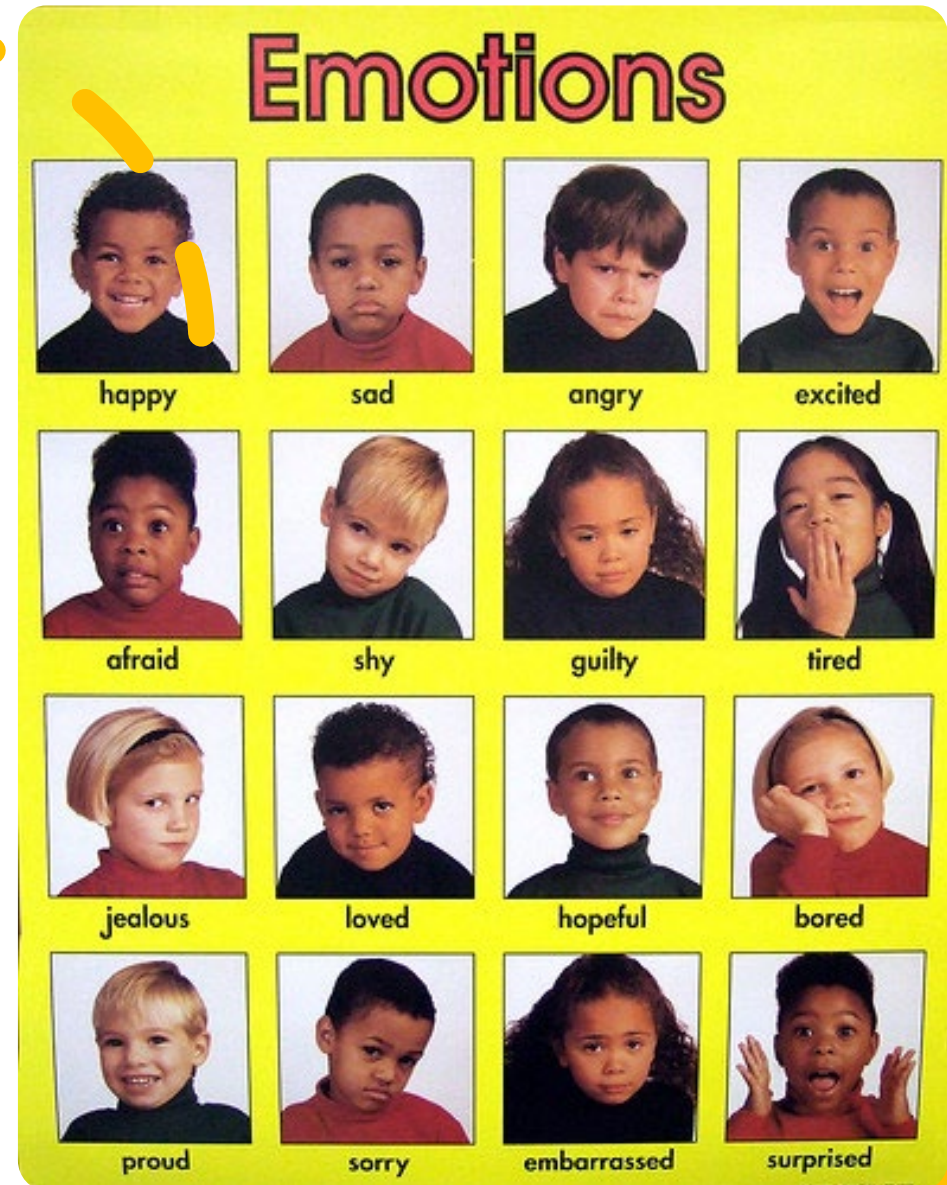
Responding to emotional cues

- Mindful Breathing



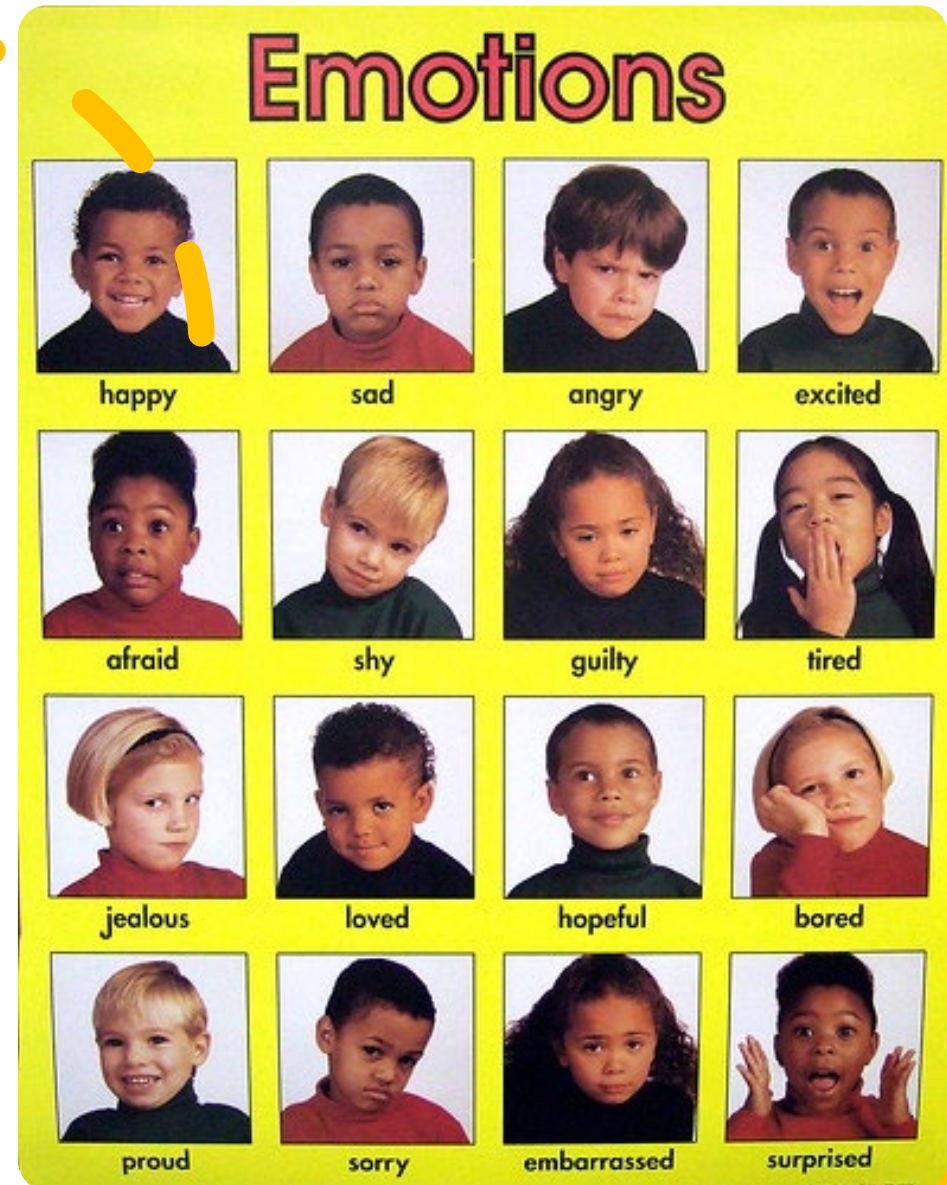
Responding to emotional cues

- Mindful Breathing
- Body Scan



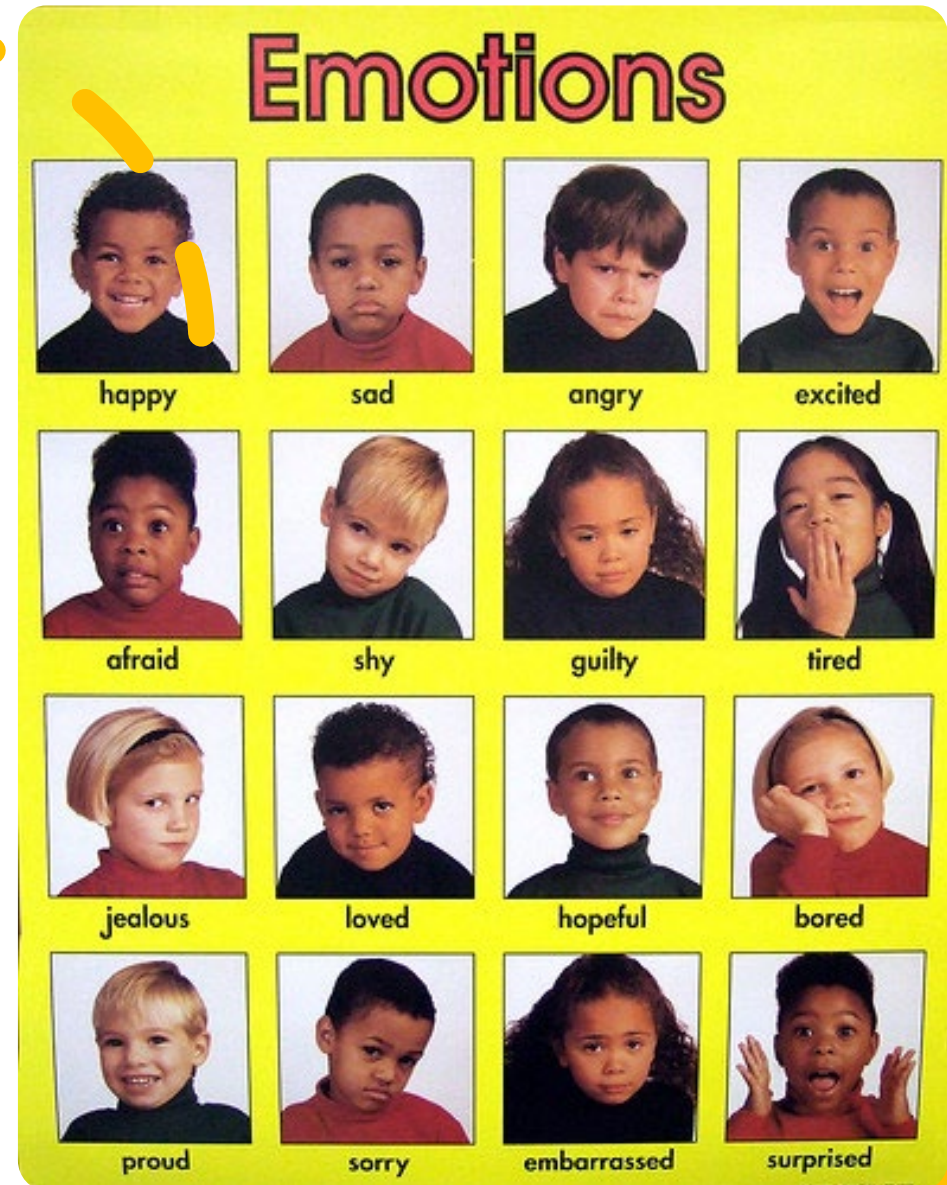
Responding to emotional cues

- Mindful Breathing
- Body Scan
- Mindful Eating Meditation



Responding to emotional cues


- Mindful Breathing
- Body Scan
- Mindful Eating Meditation
- R.A.I.N.
(Tara Brach)





TECHNIQUES
FOR MINDFUL
EATING

*Mindful Eating: A Guide to Nourishing Your Body
and Soul*, Kinza Raheel Butt

A close-up photograph of a person's face, smiling broadly as they eat. They are holding a white spoon with a dollop of yellow soup to their lips. In the foreground, a white bowl is filled with the same yellow soup, garnished with a drizzle of white cream and small red and green toppings. The background is softly blurred, showing a plaid shirt. An orange horizontal bar is visible in the top left corner of the page.

1. Mindful Breathing

Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt



2. Mindful Chewing

Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt



3. Mindful Observation

Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt





4. Mindful Silence

Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt





Creating a Mindful Eating Environment

Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt



Set the Table

Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt



Eliminate Distractions

*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*



Practice Gratitude

Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt

Strategies for Mindful Eating on the Go



*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*

Plan Ahead



Mindful Eating: A Guide to Nourishing Your Body and Soul, Kinza Raheel Butt

Choose Mindfully



*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*

Savor Each Bite



*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*

Practice Gratitude



*Mindful Eating: A Guide to Nourishing Your Body
and Soul, Kinza Raheel Butt*



MINDFUL EATING RESOURCES

- Kabat-Zinn, J. (2013). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. Bantam Books Trade Paperbacks.
- Butt, Kinza Raheel (2024). *Mindful Eating: A Guide to Nourishing Your Body*. Amazon Kindle.
- David, March (2015) *The Slowdown Diet*. Healing Arts Press.
- Bays, Jan Chozen (2017) *Mindful Eating*. Shambhala Publications, Inc.
- [Tara Brach: R.A.I.N.](#)
- [The Center for Mindful Eating](#)