



30 DAY HEALTHY EATING CHALLENGE

What's the healthiest way to eat? Should you go low-carb or low-fat? Should you eat more protein? Go gluten-free? Or try fasting?

The real answer? **EAT SLOW**

We have been brainwashed into thinking about **WHAT** we eat, not **HOW** we eat. Have you grabbed a quick snack while multi-tasking, inhaled a meal standing up or wolfed down leftovers in front of the telly at record speed?

We'll focus on how you eat, with an emphasis on slowly and mindfully. Eating slowly and mindfully is simple and effective—but not necessarily easy. Most people have to work at it. Don't aim for perfection, just focus on doing a little bit better with every meal.

1. Embrace an open mindset and notice how you feel after trying it.
2. Remember that every meal is a chance to practice.

AT THE END OF YOUR 30-DAY SLOW-EATING CHALLENGE, TUNE INTO WHAT'S DIFFERENT:

- What changes have you noticed in your body?
- Has your opinion of food changed?
- If so, in what way?
- Have you started eating different foods?
- How do you now react to feelings of hunger or fullness?

What would happen if you continued with this way of eating all the time? Do you have friends, family, and colleagues who could benefit from this challenge? Share it with them!





HOW TO EAT SLOW FOR 30 DAYS



ONE BREATH, ONE BITE

Before you eat, pause. Take one breath. Take one bite. Then take another breath. Take another bite. Then take another breath. Go one bite, and one breath at a time. That's it.

TAKE 20 MINUTES

20 minutes is the average time it takes for the brain to send out fullness signals. When you start your meal, start the clock to time yourself. The goal is to stretch out that meal as long as you can. Then try to make your next meal last one minute longer. Over time, you can gradually build up how long you spend at meals. If you forget to slow down during one meal, don't worry too much, simply slow down next time, and notice what happens.



NO DISTRACTIONS

Don't eat while you drive, watch TV, or play with your phone. Sit at a table, not on the couch. Try to relax and experience your meal. The whole point is to pay attention to your food and body. So, over the next 30 days, do your best to eat in a calm environment with minimal distractions.

EAT FOODS THAT NEED TO BE CHEWED – REALLY CHEWED

Try this experiment: eat a whole food, like a bite of apple or small handful of raw tree nuts (as long as you're not allergic!), and count how many chews it takes to swallow a mouthful. Then do the same with a highly processed snack, like a crisp or biscuit and count your chews.



What differences do you notice? Which food do you think will be easier to eat slowly? Minimally processed lean proteins, fruits and vegetables, whole grains, beans and legumes require more effort—and time—to eat. The more you have to chew, the longer it'll take you to eat, giving your fullness signals a chance to catch up.



DO SOMETHING BETWEEN BITES

- Put down your utensils
- take a breath (or two)
- take a small sip of water
- ask someone at the table a question

SAVOUR YOUR FOOD

When you eat, really enjoy it. Taste the flavour...is it salty? Sweet? Does it coat the roof of your mouth? What's the texture like? Is it crunchy or soft? If you closed your eyes, would you be able to describe what you are eating?



NOTICE YOUR EATING SPEED

As you experiment, try to identify what affects your eating speed or focus. Consider factors such as:

WHO YOU EAT WITH | WHEN YOU EAT | WHAT YOU EAT | WHERE YOU EAT

Once you've made some observations, ask yourself what you could do to improve what's working well and what you could change if things are not working well.

NOTICE YOUR BODY'S SIGNALS

Cultivate an awareness of how you feel before, during and after your meals. Do you eat because you're truly hungry, or because the clock says it's time to eat, or because you just "feel snacky"?

Simply becoming more aware of your body's cues - and how these relate to other factors - will help you better regulate your food intake. Awareness helps you make decisions that are more in line with your body's actual needs.

