

Sensory Eating

Embrace full satisfaction and pleasure by utilizing all of your senses when eating.

Begin by slowing down. Quiet your mind and minimize distractions so that you can be present and engaged while eating. If you can't maintain this quiet focus throughout the entire meal, try it for 2-5 minutes at the start of the meal and 2-5 minutes at the end of the meal.

Next, actively engage all of your senses.

Look

- What are the colors and shapes of the foods?
- Is there steam?
- Are the foods touching or separate?
- What are the different ingredients in the meal?

Smell

- Inhale deeply. Try closing your eyes and inhale again. Tune in to your sense of smell.
- What are the various scents?
- Which aromas are pleasing to you? Which are off-putting?
- If a scent brings up a memory, allow your thoughts to go it.

Feel

- Feel different textures.
- Notice how the textures change as you eat.
- Is the food soft or crisp? Crunchy? Spongy or bouncy? Hard or soft? Smooth or bumpy? What does the food feel like (by touch and by mouth feel)?
- What is the temperature of the food?

Listen

- What does the food sound like? Is it sizzling?
- What are the sounds around you? Are the sounds enjoyable or distracting?
- What are the other meal time sounds around you?
- Once you begin eating, what do you hear?

Taste

- Taste the food. Savor it. Roll it around in your mouth.
- What does it taste like? Does it taste as you expected?
- What flavors do you enjoy?
- How does the taste change throughout the meal or from first bite to last bite?
- What are the different flavors you taste?