

# VitaMin



Vital health information in a minute

## Ask before you eat

It's easy to lose track of how much you're eating, especially when life's busy. You might crunch through an entire bag of chips – even when you're not hungry. This is a form of mindless eating that can sidetrack your efforts to eat a healthy diet.

How to combat the cycle of mindless eating? Make a fresh start. Take a deep breath. Now get started with mindful eating. It's all about slowing down and being mindful of the food you choose to eat.

### Questions for mindful eating

Before eating your next meal or snack, pause to ask yourself the following questions.

#### Why are you eating?

Are you bored, sad or stressed out? If you're eating for emotional reasons, try going for a walk, drinking a glass of water or doing something else.

#### Are you hungry?

What was the last thing you ate, and what time did you eat it? Mindful eating is about listening to your body and eating food when you're hungry. If you're not hungry, you might decide to simply walk away from the refrigerator and come back later.

#### Are you thirsty?

Sometimes a food craving is just a signal that your body is craving H<sub>2</sub>O. Drink a full glass of water before eating – then ask yourself if you're still hungry.

#### How much are you eating?

Try to be mindful of portion sizes. You might dish up food on a smaller plate and keep serving dishes out of arm's reach (on the kitchen countertop, for example). That way, you have to make a conscious decision to have a second serving. Also, remove distractions by putting down the phone and turning off the TV so you can focus on eating.

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.

#### What are you eating?

Do you know what's in the food you're eating? Think about the ingredients. Are you fueling your body with nutritious foods? Take small bites and savor all the flavors.

#### Where did it come from?

Mindful eating is also about understanding the story of your food and how it got to your table. Do you know where the food was grown or produced? Connecting these dots can help you build a healthy relationship with food.



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