**How to Eat Something Mindfully**

One of the reasons so many people are overweight is that people tend to eat mindlessly. In other words, they do not think about what they are eating, when they are eating, or why they are eating - much less how.

Eating mindfully requires planning and thought. The great thing is that when you do it, you tend to eat higher-quality food that contains more nutrients, but less of it, so you consume fewer calories and end up losing weight or maintaining weight loss.

Let's look at some of the best tips on how to eat mindfully.

**Eat Only When Hungry**

This seems simple enough, but we’ve been trained since birth to eat during meal times. Meal times are arbitrary times that are designed for people who had to go work in the plant or the office and could only eat at these certain times. However, if you plan to eat only when truly hungry, you’ll be a lot more mindful about your meals.

**Make Eating an Event**

Even if you eat in the living room around the coffee table, you can make eating an event by always planning what you’ll eat, where you’ll eat it, and how you’ll eat it. Plus, you should know why you are eating something too. It tastes good is a fine reason.

**Plan Your Meals**

Take the time to plan healthy and good-tasting meals that you know you can prepare easily. If you can’t take the time to do that and can afford it, hire a personal chef or sign up for one of the meal plan boxes that have either done all the prep work or that allow you to just heat it up. Don’t put roadblocks in your way.

**Set the Table**

Put some flowers on the table, your nice plates, and add some ambiance to your meals. It doesn’t take long to just add a few little touches to make the meal feel special. After all, it is special to be able to eat so well.

**Turn Off Distractions**

When you eat a fine meal, you don’t want to be distracted by television and other outside influences. Instead, try turning on some good music low enough that conversation will not be stopped.

**Prepare Only the Best Food**

Don’t pick food that just stops hunger. It should taste delicious and be healthy. Most people think this is impossible but it’s not. Good food tastes good and yours should be no different.

**Enjoy the Food**

Don’t bother preparing food that you don’t like. You want to take the time to enjoy every single bite. Notice the way it looks, the vibrant colors. Notice the way it smells, the fragrant spices. Notice how it feels in your mouth; the texture is divine. The more you can enjoy all those aspects, the better.

**Eat and Chew Slowly**

When you are eating, don’t rush through your meals. Instead, enjoy each bite on its own and chew and eat slowly. It should take you at least 20 to 30 minutes to eat a normal meal.

If you want to practice mindful eating, start with trying to eat only when you are truly hungry, then eating high-quality food to curb the hunger. As you move along making eating a real event, you’ll find that you truly enjoy mindful eating more than thoughtlessly shoving tasteless fast food in your mouth.