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## The Basic Mindfulness Bite

The simplest technique of mindful eating is the Basic Mindfulness Bite. You can use this technique with any solid food.

1. As you bring food to your mouth, slow down and become aware of your movements.
2. Once the food is in your mouth, clear your hands. Put silverware or remaining food down.
3. Chew this bite with your mind in laser-sharp focus on the process. Concentrate on the taste of the food and the act of eating. Don't do anything else while you're chewing. Simply chew and pay attention.
4. Keep chewing until the food is uniformly smooth. Use this consistency of the food as a signal to swallow.
5. After you swallow, but before you bring more food to your mouth, rest for a few seconds, thereby inserting a pause into your eating.

No matter what other technique or strategy you may use with mindful eating, this Basic Mindfulness Bite can serve you as the best starting point.

### Questions

Try a small, snack-sized bag of potato chips with this technique. What do you notice about your experience with potato chips as you mindfully eat through all of them in the bag?

Who around you might make this technique difficult? Is there anything you might do to enlist their help rather than see them as making it difficult?

What do you notice about the pace of your eating when you eat this way?

What do you notice about your enjoyment of food when you eat this way?