

40 Mindful Eating Mantras



- 1) Eat to nourish and energize.
- 2) Am I really hungry? Am I really hungry?
- 3) "The wise man should consider that health is the greatest of human blessings. Let food be your medicine." - Hippocrates
- 4) I'm in charge of fueling my body mindfully.
- 5) Eat to live, don't live to eat.
- 6) Food is fuel.
- 7) I'm strengthening my 'resistance' muscle. It's getting stronger!
- 8) Self care....self care....self care.
- 9) The longer the shelf life the shorter your life.
- 10) Eat.real.food.
- 11) The greatest wealth is health. -Virgil
- 12) The body is like a piano, and happiness is like music. It is needful to have the instrument in good order. -Henry Ward Beecher
- 13) A goal without a plan is just a wish!
- 14) "In this food I see the entire universe supporting my existence."
- 15) Practice gratitude with each bite. Gratitude for the farmers who grew the food, for hands that picked it, for drivers who brought it, for clerks who stocked it, for the earth and sun and rain that made it grow.
- 16) If it has a TV commercial / advertisement it may not be healthy. Think twice!
- 17) Are the ingredients pure and whole? Are there less than ten ingredients? Less than five? Can I pronounce them all and explain what they are for?
- 18) Would I want my children to eat it?
- 19) Breathe in. Breathe out.
- 20) "What you think you become."-Buddha
- 21) "Be the change you wish to see in the world." – Gandhi
- 22) "Every day in every way I'm getting better and better." – Laura Silva
- 23) "I change my thoughts, I change my world." – Norman Vincent Peale
- 24) I am flexible and flowing.
- 25) My body knows what to do with this food. Trust it.
- 26) Feast Upon Life. When you eat past comfortable fullness, remember compassion.
- 27) Describe the taste. Describe the texture. Describe the feel.
- 28) "What do I REALLY want?"
- 29) Just because I see it, doesn't mean I have to eat it.
- 30) Inhale air not food! Slow down, chew, taste, savor, and enjoy ! As my grandparents used to say, "Slow down, the food isn't going anywhere."
- 31) I can have it if I want it, but do I really want it now?
- 32) Be thankful for loving every spoonful!
- 33) Now is the time. Make mindful choices today, not tomorrow!
- 34) Choose health.
- 35) For deeper cravings: Breathing in: Peace, Breathing out: Presence
- 36) Can I eat this and be thankful?
- 37) What is the nutritional value of what I'm about to put in my body?
- 38) I have chosen recovery and because of that, I am grateful for each and every bite. Is this what my body is really asking for?
- 39) Just gaze over the food taking it all in, breathing with perfect posture, smiling in delight..and say, "Mmmmmmmmm.."
- 40) Eat, Drink & Be Mindful