



Satisfied Eating: Cultivating Mindful Eating Practices

— EXPLORING THE PRACTICE OF MINDFUL EATING —

More than half of Americans say they practice aspects of mindfulness when eating, according to the International Food Information Council's 2023 Food and Health Survey. This includes behaviors such as listening to hunger cues and eating when your body indicates it's hungry, limiting distractions during meals and snacks, choosing foods that make you feel satisfied, and ending eating when you've had enough but not too much.

Mindful eating is not a diet. Rather, it is a way to approach your health in a non-judgmental way with the goal of eating with intention and attention to create a healthy relationship with food, mind, and body.

Here are some tips to start practicing mindful eating during meals and snacks which involves being aware of your thoughts and emotions before, during and after eating:

- **Start being mindful at just one meal a day and for a few minutes at a time.** This removes the pressure to be mindful at all eating occasions and keeps your time focused. Mindful eating doesn't have to be all or nothing. Make it doable and develop this habit in a sustainable way.
- **Acknowledge your emotions and feelings about food without judgment.**
- **Walk away from or turn off electronics while eating.** This is often the biggest source of distraction.
- **Consciously evaluate where your mind is at.** When it wanders, bring it back to the present moment of eating. Think about the flavors and textures you are experiencing.
- **Try eating in a new setting.** Sit somewhere other than your desk or kitchen table. Get outside, if you can, or sit in a different room or with different people.



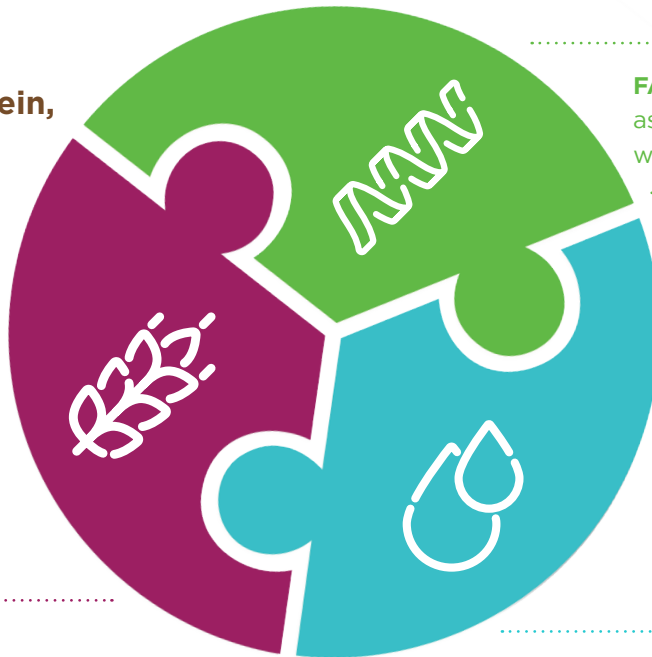
avocados
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Tips to Help You Feel Full and Satisfied

To put the practice of mindful eating into action, it's important to know what helps to make you feel full and satisfied.

Foods with fiber, fat, protein, and water help promote satiety, or the physical feeling of fullness.

FIBER adds bulk to the diet and slows the speed of digestion, which makes you feel full and may help you eat less and stay satisfied longer.



FAT AND PROTEIN also slow digestion as well as stimulate appetite hormones which tell your brain that you're full.²

WATER fills our stomach and contributes to feeling full. It also plays an important role in hydration. Drinking water is important and you can also get water from foods like fruits and vegetables.

In a clinical trial of 31 healthy adults with overweight or obesity, scientists found that eating a whole avocado as part of a breakfast meal, compared to a meal with no avocado, suppressed hunger and improved meal satisfaction. A visual analog scale measured satiety up to six hours after the meal. More research is needed to generalize the results to all people. However, the results suggest that nutrients in avocado may promote satisfaction from eating, which can support adherence to an enjoyable, nutrient-dense eating plan and sets you up for honoring the practice of mindful eating.

Avocados are unique in this way because they are essentially the only fruit that contains good, unsaturated fat (6 grams per serving - one-third of a medium avocado). They also provide a good source of fiber (3 grams per serving). By weight, avocados are almost 80% water and fiber. Avocados pair well with protein foods like eggs, cottage cheese, and beans which can help you feel fuller for longer.

The flavor and texture of foods also play a role in feeling satisfied after eating.

Mindful eating encourages you to use all of your senses to experience the texture, taste, and aroma of food. These factors are what bring joy to eating and can help with feeling content after a meal.

Avocados, for instance, have a mild, neutral flavor that is not sweet, bitter, or salty. Their buttery, creamy texture brings contrast to dishes and makes them easy to incorporate into a variety of recipes and even beverages.

Together, with nutrients that promote satiety as well as a unique taste and texture, a food like avocado can be a fitting way to fuel your body and hunger.



Reference:

1. International Food Information Council. 2023 Food & Health Survey. 23 May 2023. [<https://foodinsight.org/2023-food-health-survey/>]
2. Zhu, L., et. al. Using the Avocado to Test the Satiety Effects of a Fat-Fiber Combination in Place of Carbohydrate Energy in a Breakfast Meal in Overweight and Obese Men and Women: A Randomized Clinical Trial. *Nutrients*. 2019;11(5):952. [<https://pubmed.ncbi.nlm.nih.gov/31035472/>]

Discovering the Perfect Satisfying Meal or Snack: A guide to mindful munching

How hungry are you? What type of food are you in the mood for? Do you want something sweet or savory? A warm or cold dish? Focus on your senses and practice listening to your body to make the best decision for yourself.

MEAL

I'm hungry and need a meal to satisfy my hunger.

SNACK

I'm feeling a little hungry and a snack will satisfy me until my next meal

SWEET or SAVORY?

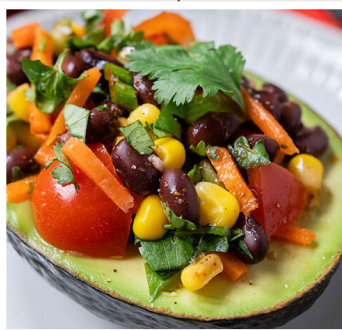
SAVORY

WARM



Cheesy Avocado Flatbread with Mushrooms

COLD



Delicious Black Bean & Corn Salad Meal in an Avocado Half

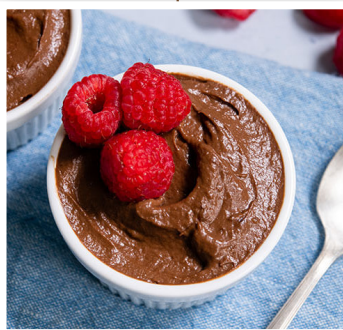
SWEET

WARM



Soft and Chewy Avocado, Apple, Banana and Oatmeal Cookie

COLD



Avocado Chocolate Mousse Recipe



Pumpkin Enchiladas with Avocado Crema



Avocado Pita Pockets



Avocado Berry Blender Muffins Recipe



Avocado Blueberry Smoothie

Try these avocado-inspired recipes to satisfy your hunger. All include a mix of foods with fiber, fat, protein, and water along with a balance of different flavors and textures for a satisfying and nourishing meal or snack.