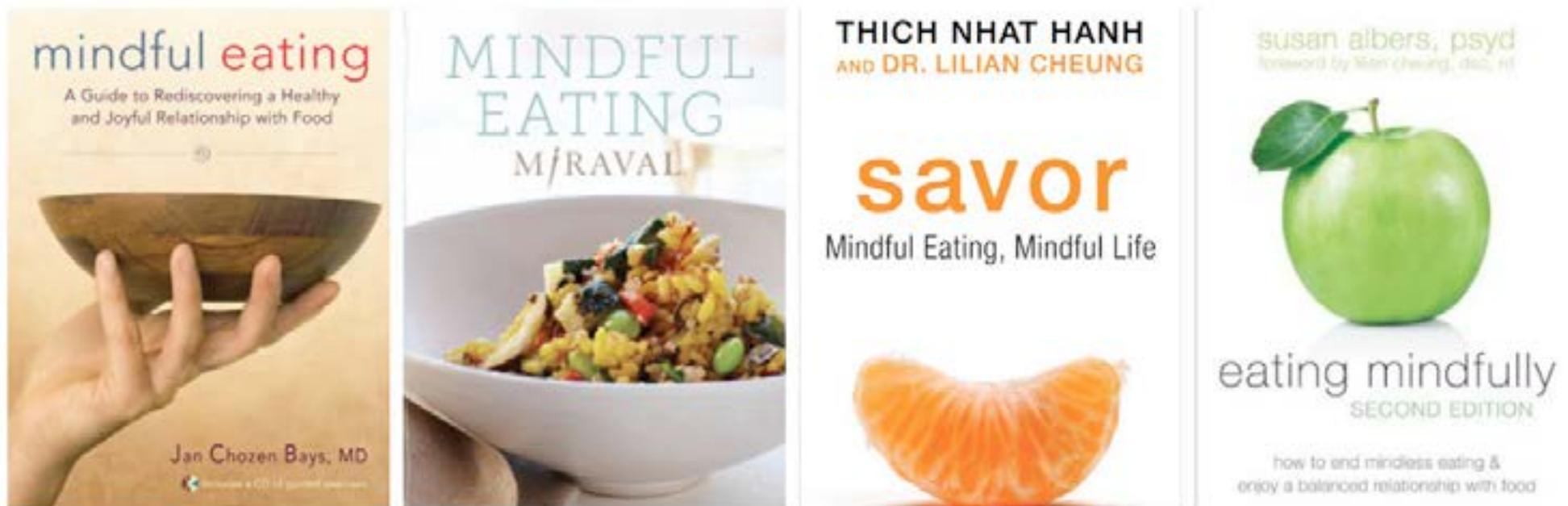


Mindful eating



The concept of Mindful eating finds its roots in the buddhist methods. It consists of building awareness of its eating habits, the feelings that we experience while eating as well as our emotions and thoughts.

This concept puts forward the way we eat in contrast to what we eat. The doctor Jan Chozen Bays, author of the book on Mindful eating : a guide to rediscovering a healthy and joyful relationship to food underlines that the real issue is that we tend to release our attention when we eat, to gulp down rather than to enjoy, take our time and chew.

Some nutritionists of Harvard university, doctor Lilian Cheung and professor Brian Wansink of the Food and Brand Lab at Cornell university are authors of books on Mindful eating. The medical studies show a more significant weight loss from the groups having received awareness lessons on eating « consciously » compared to the « unconscious group ». The conscious eaters better succeed in « controlling » themselves when eating at the restaurant. Finally, people are more likely to « progress » on their eating habits when « mindful eating » lessons are proposed.

Eating rate and mindful eating



High dose, rapid rate of absorption appear to be particularly associated with "food addiction."		120 undergraduates participated in Study One and 384 participants recruited through Amazon MTurk participated in Study Two.
2015	PLoS One Feb 18;10(2):e0117959. doi: 10.1371/journal.pone.0117959. eCollection 2015.	Schulte EM, Avena NM, Gearhardt AN.



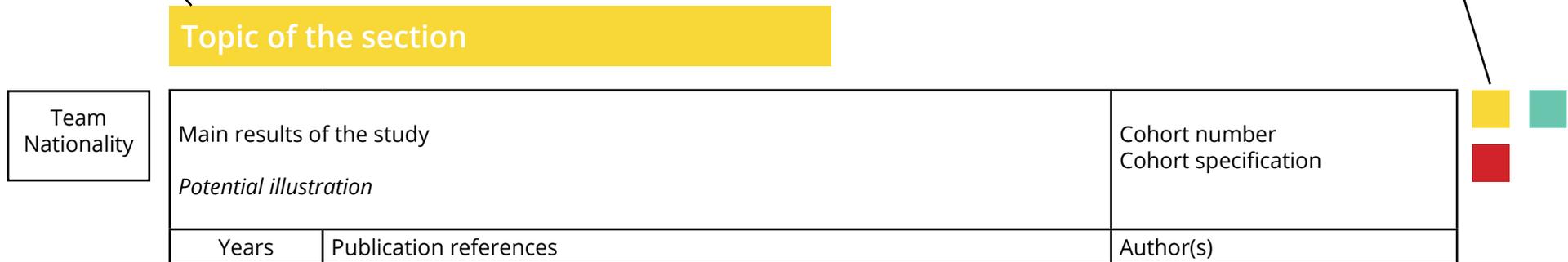
Binge eating may function to regulate global negative affect, and more specifically, guilt among obese adults. Targeting negative affect may be an effective strategy for the treatment of binge eating in the context of obesity.		50 obese adults (84% female)
2015	International Journal of Eating Disorder Mar 23. doi	Berg KC, Crosby RD, Cao L, Crow SJ, Engel SG, Wonderlich SA, Peterson CB.

	Shifting one's concern from the immediate consequences of eating to a more future-oriented perspective may present an interesting target for future interventions aimed at promoting healthy eating and reducing overweight.	152 participants aged from 18 to 60
2015	Appetite Mar 23;91:13-19. doi:	Dassen FC, Houben K, Jansen A.
	Participants in the intervention group (education to mindful eating) lost significantly more weight , had lower average daily caloric and fat intake, had increased diet-related self-efficacy, and had fewer barriers to weight management when eating out at the restaurant.	35 Women, 40-59 years old
2012	Journal of Nutrition Education and Behavior Jan-Feb;44(1):22-8	Timmerman GM, Brown A.
	Significant reductions were found on all subscales of the EAT-26 with large effect sizes. Results suggest benefits of an adjunct mindfulness group intervention when treating a variety of eating disorders.	33
2012	Journal of Substance Abuse Treatment Jul;43(1):94-107	Price CJ, Rue T.

Presentation of the studies

Color of the section

Color of the related topic the study treats



Color by section :

- | | | | | | |
|---|-----------------|--|--------------|---|-------------------|
|  | Satiety |  | Diabetes |  | Portion Size |
|  | Food Intake |  | GERD |  | Mindful eating |
|  | Obesity |  | Food quality |  | Gastric surgery |
|  | Metabolic Risks |  | Chewing |  | Scientific Method |