A big question that almost all of us face is how we can bring joy and balance back into our relationship with food and eating? We are bombarded with messages to eat more — yet we struggle with weight. We go on “automatic” — eating when food is available rather than when we are hungry, and cleaning our plates when we are already full. Our enjoyment of food has become so fraught with anxiety and ambivalence that even “comfort foods” are no longer truly comforting.

Oddly enough, as our knowledge of nutrition increases, the problem can get worse. Focusing on carbs or fats or salt tends to makes us more dependent on outside knowledge, disconnecting us from internal awareness. We all know we should eat when we are hungry and stop eating when we have had enough, but we forget what those experiences feel like.

This successful program, developed to curb binge eating, teaches people to feel their hunger, trust their taste buds, and become deeply satisfied with the quality, rather than quantity, of food.

BY JEAN L. KRISTELLER, PH.D.
Mindfulness meditation trains the basic capacity to be aware, to direct attention to the present moment, and to suspend automatic reactions and negative self-judgment.

In my work with binge eaters, I’ve found that at least one very possible sign — except for the internal ones — plays a role in beginning to eat, and in stopping. To a less extreme degree, this is true for many of us. We eat when it is time to eat, when food is put in front of us, or because we need something to handle feelings of anger, anxiety, depression, or simple boredom. We also multi-task with eating. The 200-calorie bag of chips while watching TV, or finishing a meal when we’re no longer really hungry, may translate into the 20 pounds that are so hard to lose, if it happens every day.

A More Mindful Approach

In the early 1980s, I began experimenting with the idea of using meditation and training to work with people with compulsive eating problems. At first I used meditation primarily as a stress management tool, promoting the relaxation response. But this approach seemed to have so effectively framed it. Since compulsive eating is often triggered by anxiety, anger, or depression, simply having a meditation practice proved quite valuable to binge eaters. A few years later, in Boston, I began integrating Jon Kabat-Zinn’s mindfulness meditation training. For example, behavioral programs sometimes recommend pacing a meal by putting your fork down between each bite. I had found that when people tried to do that, it often had little impact because it felt mechanical and a bit silly. However, when it was used as a way of providing a few moments to be mindful of each bite and savor the experience of eating, the practice no longer felt forced. I also began to draw on principles from basic research in food intake regulation that I’d worked with while a doctoral student at Yale University.

Over the last 10 years, this work has developed into the MB-EAT program — Mindfulness-Based Eating Awareness Training. It incorporates a number of meditative exercises with food, including hunger and satiety meditations, as well as meditations on forgiveness and connecting with our inner wisdom. We’ve now completed two studies with more than 70 people going through the program at Indiana State University and at Duke University. Our second study, funded by the Center for Complementary and Alternative Medicine at the National Institutes of Health, has shown that our nine-week program is highly effective in helping both men and women radically shift their experiences of themselves and their eating. The individuals in the MB-EAT program have gone from binging more than four times per week on average, to about once a week. When they do binge, they report that the binges are much smaller and feel less out of control. The participants are also much less depressed and experience a much better sense of inner balance around eating. Our next project, also funded by NIH, will examine more closely how mindfulness meditation can promote weight loss.

The foundation of the MB-EAT program is training in mindfulness meditation. It can completely remove any sense of satisfaction from a meal. This presents a paradox. If eating is a way to relax, to socialize, or to reward oneself (or all three!), then efforts at dieting are doomed in the long run. People who overeat do so because eating provides relief from stress. Practicing mindfulness meditation trains the basic capacity to be aware, to direct attention to the present moment, and to suspend automatic reactions and negative self-judgment. This foundation makes it easier to experience mindfulness in everyday activities, like eating, and to observe how triggers (such as feeling depressed) set off urges to eat even when we are not hungry. While it is possible to work on being mindful without a regular meditation practice, it is more difficult to quiet the mind and suspend our automatic reactions.

Why We Super-Size

Some of the appeal of “super-sizing” meals may be hard-wired into us. In parts of the world where famines happened regularly, being able to overeat — even liking to overeat — probably had survival value. But it is also cultural. Until recently, only the wealthiest levels of society consistently had enough food available to be picky and not associate quantity with value, especially quantity of rich or densely caloric food. Sociologists have documented that in the first generation or two after a sub-culture, or even a family, has reached a place of economic stability, individuals are much more likely to be overweight or obese because feeling well-being is associated with having enough to eat. We found this pattern among many participants in our MB-EAT program. Whether in Durham, North Carolina, where we had a higher proportion of African-Americans, or in Terre Haute, Indiana, where many had come from poor farming backgrounds, participants in our program often reported that either they had limited access to food as children, or that their parents had — and had passed that anxiety on to them as children. The result of this deprivation was constant messages to eat more, never waste food, and to find value in quantity rather than quality of food eaten.

Therefore, an important aspect of eating we emphasize in our program is finding satisfaction in quality, not quantity. Satisfaction is defined in many ways, from enjoying the food we eat, to feeling pleasantly full, to experiencing a joyful family or social experience around a meal. But for each person, these are very personal sources of satisfaction. One of the problems of dieting is that being “on a diet” can completely remove any sense of satisfaction from a meal. This presents a paradox. If eating is a way to relax, to socialize, or to reward oneself (or all three!), then efforts at dieting are doomed in the long run. People who overeat do so because eating provides relief from stress. Practicing mindfulness meditation trains the basic capacity to be aware, to direct attention to the present moment, and to suspend automatic reactions and negative self-judgment. This foundation makes it easier to experience mindfulness in everyday activities, like eating, and to observe how triggers (such as feeling depressed) set off urges to eat even when we are not hungry. While it is possible to work on being mindful without a regular meditation practice, it is more difficult to quiet the mind and suspend our automatic reactions.

The MB-EAT Program: Personal Experience

Becky came into the MB-EAT program about 50 evenings when she was not at public events, she would follow her substantial home-cooked meals with constant grazing in front of the TV, noting that this helped her feel relaxed and was a way of rewarding herself for her high-energy days.

As she worked with the exercises in the group program, she reported several profound shifts occurring. First, the meditation practice helped both men and women radically shift their experiences of themselves and their eating. The result of this deprivation was constant messages to eat more, never waste food, and to find value in quantity rather than quality of food eaten.

Therefore, an important aspect of eating we emphasize in our program is finding satisfaction in quality, not quantity. Satisfaction is defined in many ways, from enjoying the food we eat, to feeling pleasantly full, to experiencing a joyful family or social experience around a meal. But for each person, these are very personal sources of satisfaction. One of the problems of dieting is that being “on a diet” can completely remove any sense of satisfaction from a meal. This presents a paradox. If eating is a way to relax, to socialize, or to reward oneself (or all three!), then efforts at dieting are doomed in the long run. People who overeat do so because eating provides relief from stress. Practicing mindfulness meditation trains the basic capacity to be aware, to direct attention to the present moment, and to suspend automatic reactions and negative self-judgment.
These changes did not happen suddenly or overnight because patterns had been in place for a long time. However, the mindfulness meditation techniques gave her tools to continue to identify patterns that were on automatic, to bring non-judgmental awareness to them, and to allow her to be mind to look for alternatives.

Over the following year, she found that she became far more able to keep her eating and her weight under a different type of control — one that felt easy, rather than like a struggle.

The Experience of Hunger

Hunger is a complex experience. Physical experiences of hunger often get mixed up with other eating triggers, simply because eating has become associated with them. Like one of Pavlov’s dogs, we start to salivate when the dinner bell rings, even if we’ve only eaten a couple hours earlier. Another common source of confusion is simply the “I want it” syndrome. The food is there, it looks appealing, and this pull is interpreted into thinking it’s time to indulge, allowing you to say to yourself, “I’m not hungry now, but I’ll have it later when I am,” can be a much more powerful way of resisting this pull, rather than simply saying “I mustn’t, I mustn’t, I mustn’t,” which tends to set up a sense of depriva- tion and inner conflict.

We also often fail to discriminate among the levels of hunger. How hungry do you want to feel before you eat? What level of hunger is distracting? But the most important part is recognizing the desire for food in the mouth. Meditation 3 describes an exercise to try for yourself. We incorporate this awareness into all of our eating exercises. By the end of the experiment, she became far more able to say to herself, “I’m not hungry now, but I’ll have it later when I am,” can be a much more powerful way of resisting this pull, rather than simply saying “I mustn’t, I mustn’t, I mustn’t,” which tends to set up a sense of depriva- tion and inner conflict.

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Our taste buds are chemical sensors that tire quickly. The first few bites of a food taste better than the next few bites. After a large amount, we may have very little taste experience left at all.

Food may taste flawing if we aren’t hungry, even though the next day it might taste wonderful. Our taste buds are chemical sensors that tire quickly. The first few bites of a food will taste better than the next few bites. After a large amount, we may actually have very little taste experience left. When we are tired of feeling hungry because of childhood deprivation, and this had made it difficult to cut back on calories enough to lose the weight that they desperately want to lose.

Knowing When to Stop Physically

Most people are familiar with the idea that it takes 20 minutes for blood sugar to respond to eating, and that this rise in blood sugar is what tells us we’ve had enough. Unfortunately, it’s possible to eat a very large amount of food in 20 minutes, especially when stress-eating — or simply eating on automatic at the local fast food place. The burger, fries, and soda are gone, and only afterward do we recognize that we physically uncomfortable and a bit lethargic, signs of overeating. Although overriding this 20 minute signal is more likely to happen with high-fat or high-sweet fast foods, it can also happen when eating “healthy” food, such as a large plate of rice and veggies or a nice restau- rant meal. The subtler signals of satiety are available if we are not paying attention. It is easy to focus on their plates, and yet return for seconds if they could eat much smaller amounts, leave food on their plates, and yet return for seconds if they truly wanted more.

The goal of all three meditations is the gradual development of inner knowledge, creating the “wise” mind, becoming aware of one’s own patterns. This takes much longer than the six weeks, and may in fact never stop as one finds oneself in different situations, different states of health, or with different goals around eating. It is important to be accepting and gentle with yourself. While you may be surprised at how fast hunger can grow, it is also easy to fall back into mindless patterns, particularly under stress. If possible, it is better to begin these exercises during relatively low stress periods and gain confidence in your ability to use them. Then continue to use and develop them dur- ing increasingly stressful or “high risk” situations.

After a while, you may find that mindful awareness of hunger becomes automatic. Like the Zen of martial arts, the simpler elements of your relationship with food will become balanced and more fluid, leaving room to become aware of the nuances of higher-level challenges.

Mindful Eating and Dieting

One of the goals of the MB-EAT program is to help individuals change their relationship to their own “problem” foods so that they can be eaten mindfully as part of a long-term eating program. This is clearly impossible to do if having even a small portion of a favorite food such as ice cream, cake, or pizza is prohibited by their diet plan, which is why our program doesn’t work with some diets. But many of our group participants, after completing our program, feel that they can then successfully use programs such as Weight Watchers or fol- low their own program.

“Wise” Eating

We encourage them to com- bine “inner wisdom” with “outer wisdom.” Outer wisdom is using the knowledge that nutritional science has provided; use information about what a healthy balanced diet entails, knowledge of calories, and awareness of one’s own metabolism and energy output (i.e., exercise!). Strikingly, many of them say that when they become aware of how their bodies and senses are experiencing food, their choices also gradually become wiser in terms of “outside” rules. They start eating smaller and smaller amounts of high-fat or high-sweet snack foods, and start eating more fruits or vegetables.

They find that they prefer well-seasoned vegetables to French fries. Or that balancing a smaller steak with a salad and large potato is what they prefer, rather than eating the potato or salad because they “should.” One of the men in our program, Chuck, did most of his bingeing at all-you-can-eat pizza bars or breakfast restaurants. He noted that rewar
Recently I was running a workshop on the MB-EAT program for therapists experienced in mindfulness meditation. We started with a mindfulness eating practice that focused on making choices by passing around a bowl filled with a gourmet mix of dried fruit and nuts. The instructions were simple. You can do this yourself.

• Place an assortment of dried fruits and nuts in a bowl.

• Mindfully consider your choices and then pick three different pieces.

• Mindfully observe how you made this choice.

• Observe any other thoughts, feelings, or other types of reactions.

• Choose one of the three pieces to eat mindfully.

• Observe how you made this choice.

• Eat this piece slowly and mindfully.

• What was surprising is how these therapists responded. One woman, who was not overweight, noted how judgmental she was about her choices — that half a pecan was fattening, that a raisin was a better choice, even though she didn’t like them, and that the large dried date was not an option because it would be really indulgent. She laughed and said that she hadn’t realized how caught up she was in a “dieting” mentality. Another woman was surprised how angry she got when the person who had the bowl before her — her husband — took the last dried apricot, which she had been eating. She realized that if it had been a stranger, she would still have been disappointed, but not angry. They both laughed and she said that she realized she often felt angry at him for taking food from the refrigerator that she had been thinking of eating.

A mindfulness eating practice that focused on making choices by passing around a bowl filled with a gourmet mix of dried fruit and nuts encourages a process of getting in touch with the “wise self,” both in general and in relation to food and eating. This is a very powerful experience for some individuals. We encourage people to share whether there is any connection, for them, with a sense of spirituality. Almost always someone mentions that the meditation practice evoked feelings similar to praying — and that they had not seen their experience with food as something to which they could bring this type of experience. But out of this discussion usually comes a sense of being able to relate to how they eat in a more balanced and healthy way, which feels like growth, instead of simply following a new set of rules. The participants in our program realize they have come to feel more in control around food, more in control around themselves, and are putting their battles with food and weight into a healthier perspective — one that is supporting making wiser choices with fewer struggles. Two months does not completely remove the struggle, but it does create a foundation for further work in the future. ◊

The Experience of Hunger

Shortly before a meal or snack, stop, focus your attention on slowing your breath for about a minute, and let yourself relax as much as possible. When your mind is pulled to other feelings or thoughts (as it will be), gently return it to your breath. Then let your attention and awareness refocus fully on your body and as much as possible on your experiences of hunger. What are they? On a scale of 1-7, with 7 being as hungry as possible, and 1 being not at all hungry, what number is your hunger? How do you know?

Now mindfully consider how you want to use this awareness. Do you still want to eat? If so, about how much? What type of food would bring the greatest satisfaction? Are there any parts of the meal that will be challenging to eating the amount you want? Think about how you will handle these foods — and still enjoy your meal. As you begin eating, stop every few moments and reassess your experience of hunger. Is it increasing? Decreasing? Again, how do you know?

The Experience of Enough

As you are eating a meal or large snack, become aware of feelings in your stomach. It helps to stop eating completely for a few moments, to watch your breath and relax. First bring your attention mindfully to how the signals from your stomach that indicate hunger shift and then disappear. Then as you continue to eat, focus your awareness as much as possible on your experiences of your stomach becoming full. What are they? On a scale of 1-7, 7 being as full as possible, and 1 being not at all full, what number is your experience of fullness at different points in the meal? How do you know?

Now mindfully consider how you want to use this awareness. Do you want to eat more? If so, about how much? Is there anything that you do not — or may increase or decrease? Then chew slowly again, savoring the flavor and texture, and noting the level of satisfaction you’re experiencing. Particularly note any changes in flavor and satisfaction. Continue to eat small pieces slowly and mindfully. It generally takes three to six bites before you will notice a decrease in flavor and satisfaction, depending on the food and how hungry you are. As you become more aware of this process, you may even notice that the food stops tasting good at all — and that continuing to eat becomes some- what unpleasant. This may not happen with all foods or all of the time. Also watch the thoughts that are occurring. Does this shift in experi- ence feel upsetting in any way? Powerful? While all food does not have to be eaten this way, begin experimenting with it using different types of food, in different situations.

The Experience of Joyful Eating

Many of us overeat because we’ve forgotten how to listen to our bodies and truly enjoy what we put into our mouths. These simple yet profound meditations can dramatically improve our experiences with food.

Three Meditations for Joyful Eating

1. **The Experience of Hunger**

   - Shortly before a meal or snack, stop, focus your attention on slowing your breath for about a minute, and let yourself relax as much as possible. When your mind is pulled to other feelings or thoughts (as it will be), gently return it to your breath. Then let your attention and awareness refocus fully on your body and as much as possible on your experiences of hunger. What are they? On a scale of 1-7, with 7 being as hungry as possible, and 1 being not at all hungry, what number is your hunger? How do you know?

   - Now mindfully consider how you want to use this awareness. Do you still want to eat? If so, about how much? What type of food would bring the greatest satisfaction? Are there any parts of the meal that will be challenging to eating the amount you want? Think about how you will handle these foods — and still enjoy your meal. As you begin eating, stop every few moments and reassess your experience of hunger. Is it increasing? Decreasing? Again, how do you know?

2. **The Experience of Enough**

   - As you are eating a meal or large snack, become aware of feelings in your stomach. It helps to stop eating completely for a few moments, to watch your breath and relax. First bring your attention mindfully to how the signals from your stomach that indicate hunger shift and then disappear. Then as you continue to eat, focus your awareness as much as possible on your experiences of your stomach becoming full. What are they? On a scale of 1-7, 7 being as full as possible, and 1 being not at all full, what number is your experience of fullness at different points in the meal? How do you know?

   - Now mindfully consider how you want to use this awareness. Do you want to eat more? If so, about how much? Is there anything that you do not — or may increase or decrease? Then chew slowly again, savoring the flavor and texture, and noting the level of satisfaction you’re experiencing. Particularly note any changes in flavor and satisfaction. Continue to eat small pieces slowly and mindfully. It generally takes three to six bites before you will notice a decrease in flavor and satisfaction, depending on the food and how hungry you are. As you become more aware of this process, you may even notice that the food stops tasting good at all — and that continuing to eat becomes somewhat unpleasant. This may not happen with all foods or all of the time. Also watch the thoughts that are occurring. Does this shift in experience feel upsetting in any way? Powerful? While all food does not have to be eaten this way, begin experimenting with it using different types of food, in different situations.

3. **Cultivating Taste**

   - Choose a time when you are moderately hungry — if you are too hungry, this may override the process. Choose a food that you like and that is fairly intense in flavor (lately you can apply this to different foods in a full meal). We use a variety of foods in our program including cheese, crackers, and chocolate cake. It should be a food that you can easily eat small bites of, and you should have available more than you think you would want to eat — or at least a full serving. With the food prepared and in front of you, close your eyes, take several slow focused breaths, rate your hunger level (as in Side Bar One) and then, opening your eyes, pick up a piece of the food. Place it in your mouth and chew it slowly. Appreciate and savor it as much as possible, experiencing all the enjoyment and pleasure from it that you can before swallowing. Then take another piece and do the same. Notice first if your hunger level changes at all (it may not — or may increase or decrease!). Then chew slowly again, savoring the flavor and texture, and noting the level of satisfaction you’re experiencing. Particularly note any changes in flavor and satisfaction. Continue to eat small pieces slowly and mindfully. It generally takes three to six bites before you will notice a decrease in flavor and satisfaction, depending on the food and how hungry you are. As you become more aware of this process, you may even notice that the food stops tasting good at all — and that continuing to eat becomes somewhat unpleasant. This may not happen with all foods or all of the time. Also watch the thoughts that are occurring. Does this shift in experience feel upsetting in any way? Powerful? While all food does not have to be eaten this way, begin experimenting with it using different types of food, in different situations.

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