

**Amanda Clarke presents the session Women's Health Queensland Wide :
Mindful Eating for PCOS.**

Transcript

Voice 1:

Hello, you are watching a videostream about mindful eating with regards to PCOS.

This videostream has been developed in partnership with Women's Health, QUT and POSA

Here with me today is Amanda Clarke an accredited dietician, and director of Great Ideas in Nutrition at Cooloongatta at the Gold Coast.

So to begin our discussion today, Amanda could you please explain how mindful eating works within the management of PCOS.

Amanda Clarke:

Sure. Well mindful eating really comes from mindfulness psychology and is all about being in the moment and enjoying what you're doing. It's quite a good strategy for weight control and really just gets you being a bit more discerning about what you eat, how much you eat and making sure that you enjoy every mouthful.

So you might like to press pause now and go and get yourself some food so that you can actually trial this with me.
Assuming you've done that.

The thing to do is to notice all the attributes of the food. So, no matter what you've got - having a good look at it first. So if for example you've got a muesli bar. Is it uniform throughout, or is it different bits of things? And if so, what are they, are they colourful, are there different textures there, what do you notice about it?

Next notice the variety, so what are all those different bits?

Or if you've got a meal on a plate, have you ended up with a variety of colours and textures, or have you happened to have chosen fish with white sauce, mashed potato and cauliflower, where everything is going to be bland?

Notice the aroma of the food. Can you smell all the attributes of the food? Can you identify the ingredients based on the smell?

Notice the texture. With every mouthful... in fact, those first 3 things are 3 things to do before anything goes in your mouth. Now you can put the first bit in your mouth and notice the texture of it.

So move it around your mouth. Try to find a word that describes that texture. Is it smooth, is it grainy, is it tender? What is the right word?

Then notice the temperature.

Is it at room temperature, is it refrigerated, is it heated? And as you continue to eat that food, notice the point at which it is the perfect temperature.

Some foods do have a perfect temperature when the mouth feel is just perfect.

So identify that moment and identify when it becomes a little bit too cold or a little bit too hot.

Notice all the different flavours in the food that you've got there.

Sometimes imagine that you didn't see what you put in your mouth. Can you actually figure out what it is once it's in there just through the texture and the mouth feels and the flavours in there? Can you actually tell the difference between chicken and fish, and if so what is the difference? Is it a textural difference, or is it a flavour difference?

So that's how to slow right down, and enjoy every morsel of what you eat. Now that is something that is really easy to practice. So practice it the next time you put something in your mouth and keep practicing every time you eat.