



The Gusto-Meter for Conscious Eating

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Conscious eating and thorough chewing are not only simple habits but also powerful tools for improving our health and well-being.

In our busy world, we tend to quickly devour meals without conscious awareness, distracting ourselves with television, radio, conversations, or smartphones.

How wonderful would it be to pause for a moment and consciously enjoy what we are consuming?

This has many benefits:

- We can sharpen our senses. By focusing on the taste, texture, and aroma of our food, we build a deeper connection with what we eat.
- Food provides us with life and energy, which it has obtained from nature.
- Every bite can become a conscious experience that brings us joy and satisfaction.
- We can better recognize our preferences and dislikes and learn to listen to our bodies. Our bodies quickly provide feedback on how they perceive the nutrients.

Moreover, conscious eating also has positive effects on our digestion. When we thoroughly chew our food, it is broken down and partially digested, making it easier for our stomach to process. This allows for more efficient absorption of nutrients and can help reduce digestive problems such as bloating and heartburn.

Thorough chewing also promotes a slower eating pace, which helps us reach satiety faster and avoid overeating.

In addition to the physical benefits, conscious eating also has positive effects on our mental health. It helps us be present in the here and now and enjoy the moment.

By practicing conscious eating, we can reduce stress as it allows us to focus on a pleasant and relaxing activity. It can also help us develop a healthy relationship with food and our bodies by consciously addressing our needs and treating ourselves with mindfulness.

Perhaps you would like to take the time to connect with your food during your next meal.

First, express gratitude towards your food. The thought that it has ripened for months to provide you with numerous nutrients fills me with gratitude and awe.

The first bite:

- Focus on one food item.
- Is it light or heavy on the fork?
- How does it feel in your mouth?
- What is its texture?
- Does the texture change after 1-2 bites?
- Does it have a distinct taste?
- How would you describe it?
- Does it taste like something else? Butter, oil, or sauce?
- Can you recognize its natural taste?
- What happens when you chew it multiple times?
- Does it increase or decrease in your mouth?
- Does it release water like a watermelon or become soft and smooth like a potato?
- What nuances does it unfold as you chew?
- How does the food feel inside and outside? How does the taste differ?

Chew 20-30 times.

What remains? How does it feel when you swallow it?

Can you follow the bite all the way to your stomach?

Two or more foods:

Consciously take two foods into your mouth together.

- How do these two flavors blend?
- What nuances do you perceive?
- Do these two ingredients harmonize with each other?

Repeat the process with 3-4 foods and taste how they unfold together.

You can intensify the experience by closing your eyes and turning inward.

Self-awareness:

- What changes when you eat this way?
- Do you eat more or less?
- How does your body feel? Does it give you positive signals?
- Does your sense of hunger change?
- How does it alter your perspective on food?
- Does it change your salt-pepper behavior?

Bon appétit!

Enjoy using the Gusto-Meter!



PS: The Gusto-Meter can also be used with family and friends. Share the insights and learn to articulate them together.