App Review: Eating Mindfully

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In our fast paced world mindless eating is a common practice. That is why Dr. Susan Albers created the Eat, Drink & Be Mindful app. Eating mindfully is a technique that can help many people lose weight just by paying attention to their hunger cues and taking the time to really enjoy their food. This app is designed to allow the user to rate and track their feelings before and after meals in an effort to help individuals become aware of why they are eating. It suggests questions like, “Are you bored?”, “Are you tired?”, or “Are you really hungry?” The app also encourages attention to feelings when one is done eating. Ultimately, the goal is to be mindful of satiety.

After watching the instructions on YouTube, the app is quite simple to use. The first step is to create a login to track progress. After that the users are able to rate their hunger on the hunger scale. The goal is to distinguish between physical and emotional hunger. Next, users can enter their feelings and thoughts in their food diary. They can also upload pictures of their food or just type in what they ate or any notes about the particular meal time situation. The calendar feature shows eating trends and also has an alarm feature that can be set before meals to remind users to eat mindfully. Each day can either be viewed individually or as a hunger scale on a graph. Finally, the advertisement tab provides links to purchase Dr. Albers mindful eating books if additional resources are desired.

For those individuals interested in mindful eating, this can be a very helpful app. Just like any diet tool, you get out of it what you put into it. It can be time consuming and tedious to input information before and after each meal, but at the same time it can also be very enlightening to reveal the true reasons for eating and then have the opportunity to rethink a decision to eat and avoid excess calories. For those who like to eat small meals and snack throughout the day, this app could be challenging since they would need to use the app much more frequently. Even though the app may seem a bit tiresome at first, after a while mindful eating will become a habit for its disciplined users.

Overall, the concept behind the app is very important when it comes to weight management without dieting; however, the app is an extra step that requires a time commitment. If you find yourself overeating frequently then beating yourself up because you are not exactly sure why you overindulged when you weren’t even hungry, this app may be worth the investment of $1.99 from the app store.


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Calendar of Events

May 2014

11th Annual Nutrition & Health Conference
May 5-7, 2014  
Addison, TX  
InterContinental Dallas Hotel  
www.nutritionandhealthconf.org/

XVII International Congress on Nutrition and Metabolism in Renal Disease
May 6-10, 2014  
Würzburg, Germany  
Congress Centrum Würzburg  

American Society for Pediatric Nephrology Annual Meeting 2014
May 3-6, 2014  
Vancouver, Canada  
Vancouver Convention Center  
www.aspneph.com/educationmeetings.asp

June 2014

International Conference of Endocrinology with the Endocrine Society’s Annual Meeting and Expo
June 21-23, 2014  
Chicago, IL  
McCormick Place West  
Email: www.endocrine.org/endo-2014

American Association of Family & Consumer Sciences 105th Annual Conference & Expo
June 25-28, 2014  
St. Louis, MO  
Hyatt Regency St. Louis at the Arch  
Email: www.aafcs.org/meetings/14/

Society for Nutrition Education and Behavior Annual Conference
June 28-July 1, 2014  
Milwaukee, WI  
Hilton Milwaukee City Center  
www.sneb.org/events/conference.html

July 2014

World Transplant Congress 2014
July 26-31, 2014  
San Francisco, CA  
Moscone West Convention Center  
www.wtc2014.org

August 2014

American Association of Diabetes Educators
August 6-9, 2014  
Orlando, FL  
Orange County Convention Center  
www.aade-365.ascendeventmedia.com/

NATCO 39th Annual Meeting
August 10-13, 2014  
San Antonio, TX  
Grand Hyatt San Antonio  
www.natco1.org/Education/annual-meeting.asp

October 2014

FNCE 2014
October 18-21, 2014  
Atlanta, GA  
Georgia World Congress Center  
www.eatright.org/

November 2014

ASN Kidney Week 2014
Nov 11-16, 2014  
Philadelphia, PA  
Pennsylvania Convention Center  
www.asn-online.org/education/kidneyweek/