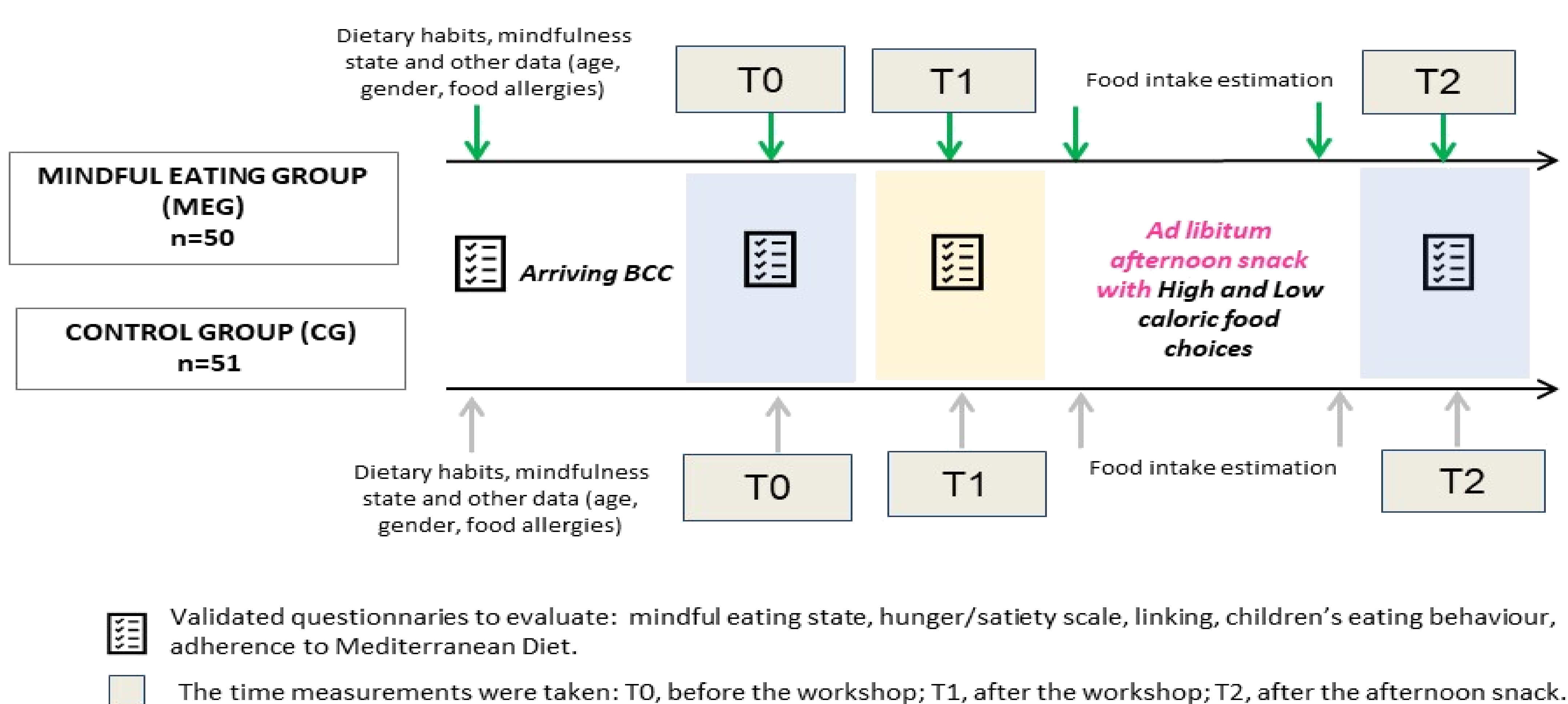


INTRODUCTION AND OBJECTIVE

In the last few years, great attention has been paid to the mindful eating technique as an approach derived from mindfulness to address unhealthy eating behavior [1]. Recent studies conducted in adults, have demonstrated the effectiveness of an induction to the mindful eating, as a strategy to reduce food and fat intake [2]. However, there is limited information in relation to the usefulness of mindful eating interventions in children. Therefore, the aim of this study was to investigate whether a brief session of mindful eating could promote healthier dietary food choices in children and/or it might be an adequate strategy to reduce food intake.

METHODOLOGY

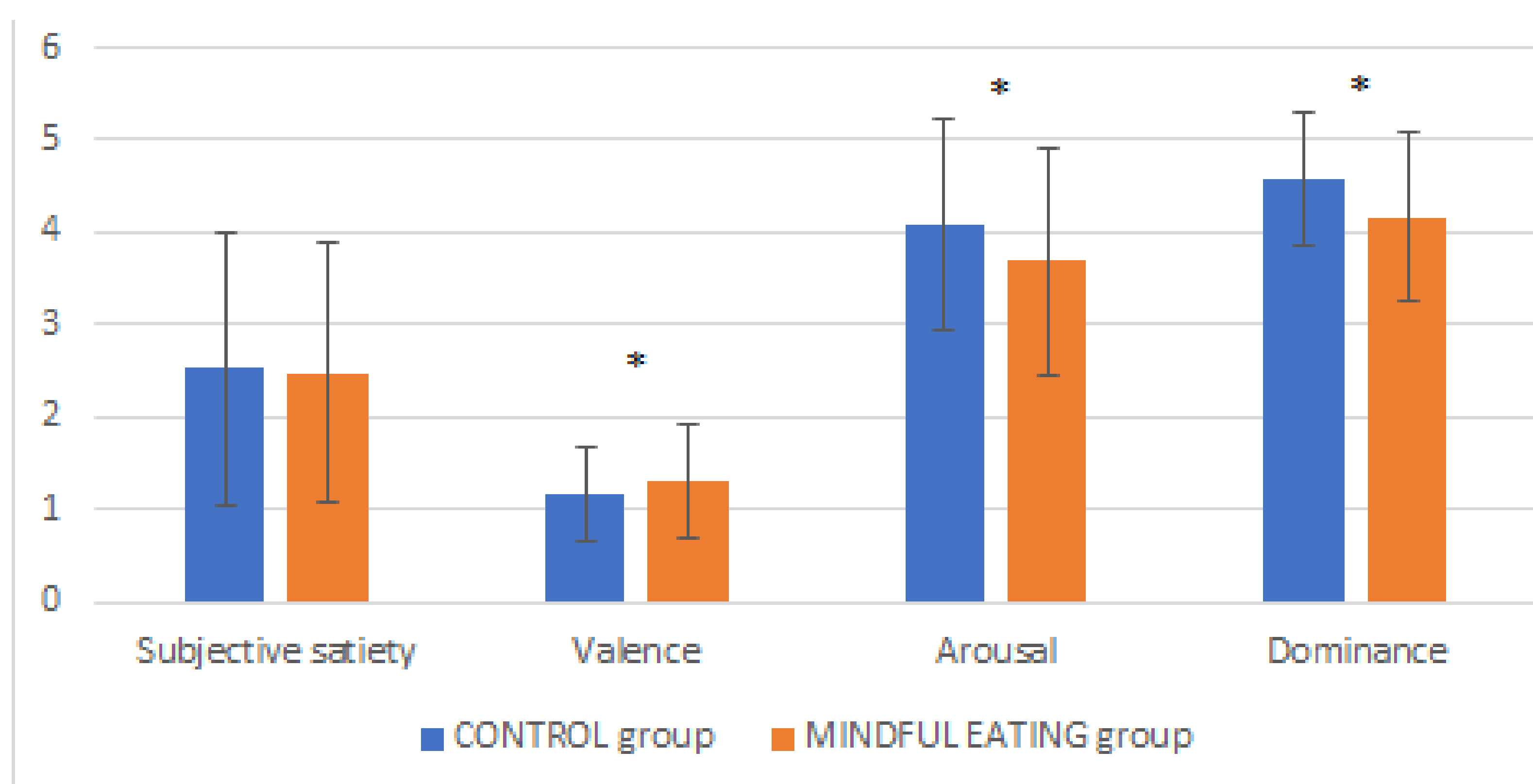


Statistical analysis were conducted using Chi-square tests, ANCOVAs and a MANOVA. The MEG participated in a session with different mindful exercises related to being in the present moment and aware of the five senses. The CG participated in a creativity activity related to eating habits.

RESULTS

No statistically significant differences were found between groups on subjective hunger food intake, food choices and liking variables. However, statistically significant differences were found in the valence, arousal and dominance (Figure 1).

Figure 1: Differences in subjective satiety and emotions regarding the condition.



CONCLUSIONS

Participants of the CG were more pleasant, with higher levels of calm and found themselves more independent throughout the workshop than the participants of the MEG. It is suggested that a mindful eating session could be a less familiar activity than a creativity workshop. In conclusion, more sessions of mindful eating would be recommended to assess the effects of a mindful eating intervention in children's eating behavior, in their emotional dimensions and food intake.

ACKNOWLEDGEMENTS

We would like to acknowledge Institut Olga Triballat for the financial support. We thank all the children who participated in the study as well as their parents and members of primary schools who facilitated the recruitment. We also thank the colleagues from Basque Culinary Center who helped developing the study.

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