

## 7 TIPS FOR MINDFUL EATING

**Benefits of mindful eating:** You become aware of every bite and significantly decrease mindless eating. It allows you to savor your food, enjoying it more fully so you need less to be satisfied.

1. Become aware that you are eating. Be aware of what you are eating, when you are eating and how you are eating.
2. Ask yourself “why am I eating in this way”? Without judgment, simply assess what has brought you to this eating situation.
3. Begin to make food choices based on your personal goals and intentions.
4. Reflect on your eating experience. Was it satisfying? Did that food choice move you towards or away from your goal?
5. Begin to make food choices with consideration of the world around you. Does your food choice/behavior affect those around you, loved ones, the environment, etc?
6. Eat more sensually.

- ✓ Stay in the moment while you are eating.
- ✓ Eliminate or minimize distractions while eating.
- ✓ Engage all of your senses.
- ✓ Look at the food. Plan for and appreciate the presentation of the food.
- ✓ Smell the food. Identify different aromas.
- ✓ Slow down. Taste your food. Chew thoroughly. Savor it. Roll it around in your mouth. Recognize how the taste of the food changes as you eat.
- ✓ Feel the textures of the food and how they change as you eat.

7. Access your hunger and fullness through the hunger scale. There’s how it works.

The goal of using the Hunger Scale is to avoid becoming too hungry or too full. When we get too hungry we tend to settle for anything and eat a lot of it. A key to using the scale is to eat slowly and savor each bite. This gives your body a chance to signal fullness to your brain before you overshoot it.

Start eating when you are physically hungry. Eat slowly and savor each bite. Perceptions of hunger and fullness differ from person to person, but using the general descriptions below will give you some good guidelines. Eat when you are hungry (3 and under) and stop when you are no longer hungry (5-6).

- 1- Shaky, WILL overeat
- 2- Seriously hungry, must eat now
- 3- Hungry, stomach growling
- 4- Not satisfied, yet not hungry
- 5- Pleasantly full, comfortable
- 6- Can feel fullness
- 7- Uncomfortable, sluggish
- 8- Very uncomfortable, stomach hurts
- 9- Overly stuffed
- 10- Painfully stuffed