

Mindful Eating

Strategies

Routines

- Keep tempting snacks out of sight
- Put healthier foods at eye level in your refrigerator and cupboards
- Avoid eating out of a bag or box

Plan ahead

- Set reminders for yourself
- Plan healthy meals
- Portion foods such as almonds, crackers and chips into smaller baggies with appropriate serving sizes

Sensing

- Bring in all senses: smell, touch, taste
- Savor every bite
- Experience each bite from start to finish
- Slow down and put down your fork in between bites
- Gauge your hunger level
- Hunger/Satiety Scale
 - Eat only when feeling 1, 2, 3, or 4
 - Put your fork down at 5 or 6

Be present

- When you eat, just eat
- Set reminders for yourself
- Avoid multi-tasking when you eat
- Avoid eating when you are driving, watching TV, etc.

Awareness

- Pay attention to your internal thoughts about food
- Negative thoughts about food or yourself can trigger unhealthy eating habits
- Remember: A thought is just a thought; not a fact

Mindful Meals Awareness Log

Take time this week to foster awareness of the feelings, thoughts and sensations you experience at one meal each day. Use this opportunity to practice mindful eating by noting your surroundings, emotions and the sensations you experience with each bite of food. The questions below will guide you through the exercise of mindful eating and provide insight on your overall eating habits.

What was the situation? Describe what you were eating and the setting in which your meal took place.	What feelings, thoughts and sensations did you notice before you began to eat mindfully?	What feelings, thoughts and sensations did you notice after you began to eat mindfully?	What strategies did you utilize for this meal?	What is one thing you learned by eating mindfully at this meal?