

Mindful Eating

eatingmindfully.com



What is Mindful Eating?

Being more aware of:

- Your eating habits
- Sensations when eating
- Thoughts, emotions about food



Benefits of Mindful Eating

- Decreases stress - reduces emotional eating
- Actually get to taste your food
- Helps with digestion
- Greater awareness of when you are full
- Evidence-based



Examples of Mindless Eating

- Eating until you are too full
- Emotional eating (bored, stressed or anxious rather than hungry)
- Eating without really tasting
- Mindlessly snacking in front of the TV
- Eating at same time each day whether hungry or not
- Skipping meals, ignoring hunger signals



Brief Assessment of your Mindful Eating Skills

Mindful Eating Quiz

This is a brief assessment of your mindful eating skills (it isn't a diagnostic assessment). It is to help you to identify which skills you may want to boost. Don't forget to notice what you already do well. After you complete this quiz, write down a mindful eating goal.

1. I tend to stop eating when I am full



All of the time

Most of the time

Occasionally

Sometimes

Almost Never

2. I eat when I am hungry rather than emotional

All of the time

Most of the time

Occasionally

Sometimes

Almost Never

3. I try not to "pick" at food

All of the time

Most of the time

Occasionally

Sometimes

Almost Never



Awareness Checklist



Awareness Checklist

- Am I sitting?
- Eating fast or slow?
- Mindlessly munching or noticing each bite?
- Asking "How hungry am I?" on a scale from one to ten.
- Multitasking or truly focused on my meal?
- Rumbling stomach or bored, stressed, tired anxious etc.?

www.eatingmindfully.com
Susan Albers @2012



Mindful Eating Tips

Eating Marathon



THE
Mindful Eating
MARATHON

LEARNING TO EAT WELL IS MORE OF A MARATHON THAN A SPRINT.
Slim down by slowing down and savoring every bite with the help of these **26.2 tips** from Susan Albers, Cleveland Clinic psychologist and author of *50 Ways to Soothe Yourself Without Food*.

START **1** **EAT LIKE A GOURMET**
Smell, touch and savor each bite.

2 **SIT DOWN.** Avoid eating while standing up, walking or while standing in front of the fridge.

3 **PULL OUT THE FINE CHINA (OR AT LEAST A PRETTY PLATE).** That will make your mealtime feel special.

4 **DON'T MULTI-TASK.** Focus on what you're eating.

5 **TURN OFF THE TV.** Research indicates that TV significantly prompts mindless eating.

The infographic features a large tree at the top left, a runner silhouette on a path, and a smaller tree in the middle. The tips are numbered 1 through 5, with tip 1 starting at a 'START' sign.

Reference List

