



Mindful Eating

Ask yourself: “Do I tend to...?”

- 1) Stop eating when I am satisfied.
- 2) Eat when I am hungry rather than emotional.
- 3) Not “pick” and graze on food.
- 4) Taste each bite before reaching for the next.
- 5) Think about how nourishing food is for my body.
- 6) Be nonjudgmental of myself when I accidentally overeat.
- 7) Not multitask when I eat. When I eat just eat.
- 8) Be able to leave some food on my plate if I don’t want it.
- 9) Eat slow, chewing each bite.
- 10) Recognize when I slip into mindless eating (zoned out, popping food into my mouth)



5 S'S of Mindful Eating

- 1) **SIT DOWN.** Have a seat! Avoid nibbling in front of the refrigerator or snacking in your car. Put food on a plate. You will enjoy food more and eat less when you give eating your full attention. “Only eat off your feet.”
- 2) **SLOWLY CHEW.** Eat with your non-dominant hand (if you are right handed eat with your left). Research indicates that eating with your opposite hand can reduce how much you eat by 30%. Intentionally chew slower than the person you are eating with. “Pace, don’t race.”
- 3) **SAVOR.** Take a mindful bite. Smell. Taste. Notice and look at each spoonful. Turn off the TV and other distractions. “When you eat, just eat.”
- 4) **SIMPLIFY.** Put healthy foods in a convenient place like on the counter. Place treats out of view. Research indicates that people tend to eat what is in their immediately reach. “In sight, in mind, out of sight, out of mind.”
- 5) **SET ASIDE.** Set aside cutlery for a moment to pause between your current bite and the next one. During that gap, ask yourself if you are just satisfied, not full. “Take a breath to manage stress.”