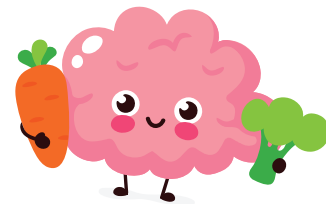


Mindful Eating



What is mindful eating?

- Paying attention or being fully aware of what you are eating and drinking
- Noticing:
 - How food affects your body (do certain foods give you a stomach ache or make you feel tired or energized?)
 - How mood affects what you eat (do you eat more/less when you're stressed, bored, anxious?)

Why practice mindful eating?

- Encourages slowing down and self-care, even during busy times
 - Helps us get in-touch with what and why we are eating
 - Can decrease stress and binge eating
- **Research suggests that mindful eating helps improve food choices and may promote better weight management.**

Why do we eat?

■ There are many reasons why we eat including:

- To provide our body with energy
- To provide our body with crucial nutrients
- Social connection
- Emotional responses
- Enjoyment or pleasure

■ When you eat, ask yourself:

- Am I hungry?
- Do I feel stressed?
- Am I bored?
- Do I feel emotional?

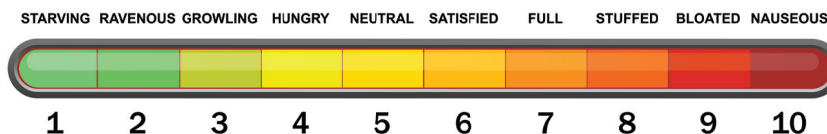
■ **Apple test of hunger: "Am I hungry enough to eat an apple?" If the answer is no, you're probably not hungry.**

Pay attention to your body

Tune into hunger cues:

- Goal: stay between 3 and 6 on the hunger scale shown below
- Note your hunger before, during and after meals and snacks

The Hunger Scale



Tips for mindful eating

1. Eat at the table as often as you can

- Shifts more of the focus to food
- More likely to choose better-for-you foods
- Build stronger relationships by sharing mealtimes with family and friends

2. Make food the main event

- Avoid distracted eating - it interrupts your ability to recognize hunger and fullness
- Limit screen use during meals

3. Slow Down!

- It takes 20 minutes for your stomach to tell your brain it's full and most Americans finish a meal in 7 minutes or less
- Savor your meal and pay attention to the flavors and textures of your meal

Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.

