



MINDFUL EATING GUIDE

Mindful eating brings awareness to your eating practices and helps you avoid the pitfalls of eating on autopilot.

PAUSE

Take time to connect with yourself.
Be present.

Respect your body by choosing foods that make you feel good.



TUNE-IN TO HUNGER



Check-in with yourself and your hunger signals.
Are you truly hungry?
If you aren't sure, drink 1-2 glasses of water and wait 5 minutes. If you are still hungry, then eat.

Connect with the physical sensation of hunger - make sure not to go more than 5-6 hours without eating. Carry healthy snacks with you!

FOCUS ON YOUR MEAL

Focus on *HOW* you eat, rather than *WHAT* you eat.
Enjoy your meal without distractions.

Eat slowly and carefully - involve all of your senses.
Be mindful of how it makes you feel.



TUNE-IN TO SATIETY



Stop eating when you feel satisfied and *before* you feel completely full.

There is a 20-minute lag time before your brain knows you're full.

This is another reason to eat slowly.

STAY HYDRATED

There is an overlap between the symptoms of thirst and hunger. Thirst is often mistaken for hunger and snacking may only further dehydrate you. This can be a vicious cycle.

Drink water, herbal or green tea regularly to stay hydrated, keep your hunger cues in check and boost your metabolism too!

