



MINDFUL EATING GUIDELINES

- Make it a priority to eat consistently and give yourself permission to eat. Eat breakfast and try to eat every four hours.
- Keep a food intake and activity diary to identify foods consumed and eating patterns.
- Eat without distractions, preferably in a calm environment.
 - Turn off the television or computer.
 - Sit down at a table - not on the couch, easy chair, or bed.
 - Try not to eat in the car or while driving.
 - Try not to work or study while eating.
- Slow down while eating. Practice putting down your fork or sandwich between bites. Enjoy the texture and flavor of your food.
- When eating at a restaurant, ask for the leftover container when the meal arrives, and put aside a portion of the meal to take home.
- Eat when you're comfortably hungry and stop eating when you're comfortably full.
- Eat in full view of others, don't hide or sneak food.
- Be aware of emotional triggers for eating.
- Often a food craving is a feeling - a state of emotional need.
- Don't label foods as good, bad, illegal or forbidden.
- There is no such thing as perfect eating. Guilt is a negative motivator.
- Remember, food is not the enemy. Eat with enjoyment, pleasure and gusto!