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!