Mindful Eating Guidelines

- Make eating consistently a priority 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 sitting down without distractions, preferably in a calm environment
  - Turn off the television or computer
  - Eat sitting 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 are comfortably full. Avoid starved/stuffed eating.

- 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!