

# Mindful Eating Checklist

## WHAT IS MINDFUL EATING?

Mindful eating is a practice that helps you become present during mealtime to create a more satiating and sensory food experience. Mindful eating habits encourage eliminating distractions, chewing slowly, being aware of your food choices, and using all your senses during mealtime. This allows you to connect with your natural hunger-fullness cues and have a more satisfying meal.

## MINDFUL MEALTIME

PLACE A CHECK NEXT TO ANY MINDFUL HABIT THAT YOU PRACTICED DURING MEALTIME

- |   |  |
|---|--|
| <input type="checkbox"/> Express food gratitude                         | <input type="checkbox"/> Avoid multitasking while eating               |
| <input type="checkbox"/> Take a deep breathe before eating              | <input type="checkbox"/> Check into your fullness cues during mealtime |
| <input type="checkbox"/> Chew slowly/Pace your bites                    | <input type="checkbox"/> Select nutritious food sources                |
| <input type="checkbox"/> Sit on a table during mealtime                 | <input type="checkbox"/> Avoid overcrowding your plate with food       |
| <input type="checkbox"/> Observe the taste, texture, smell of your food | <input type="checkbox"/> Eliminate distractions (laptop, phone, T.V.)  |

## MINDFUL EATING BENEFITS

Portion & appetite control

Better meal satisfaction

Awareness of personal hunger & fullness cues

Improved digestion