

# MINDFUL EATING CHECKLIST



## What is mindful eating?

Mindful eating is a practice that brings you into the present moment during mealtime, creating a more satisfying and sensory-rich food experience. By adopting mindful eating habits, such as eliminating distractions, chewing slowly, being aware of your food choices, and using all your senses, you can connect with your natural hunger and fullness cues. This approach leads to more enjoyable and fulfilling meals, enhancing your overall eating experience

**Mindful mealtime:** Place a check next to any mindful habit that you practiced during mealtime

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

## Benefits of Mindful Eating



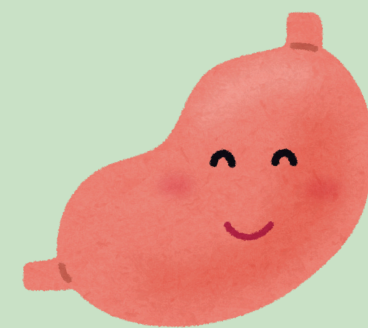
Portion & appetite control



Better meal satisfaction



Awareness of hunger & fullness cues



Improved digestion