

6 Ways to Practice Mindful Eating

Mindless Eating

- 1** Eating past full and ignoring your body's signals
- 2** Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3** Eating alone, at random times and places
- 4** Eating foods that are emotionally comforting
- 5** Eating and multitasking
- 6** Considering a meal an end product

Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from