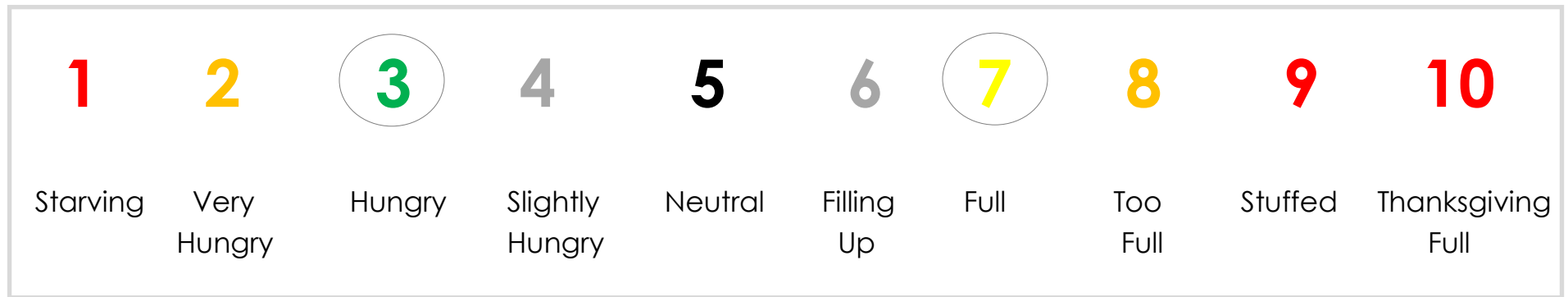


Hunger / Fullness Scale



Mindful Eating Tips

Master Mindful Eating Habits

- Chew food completely before swallowing
- Finish chewing before setting up your next bite
- Drink water between bites
- Put down the utensils between bites
- Slow down and enjoy meals (~20-30 min)

Pay Attention

- Limit distractions during mealtime (tv/phone)
- Eat at the table or in the kitchen
- Notice each bite of food
- Where are you on the hunger/fullness scale?

Practice Portion Control

- Plate your meals and snacks
- Avoid buffet style eating
- Box up restaurant meals at the beginning
- Avoid the clean plate club
- Leftovers? Box it, give it away, throw it out.
- Try 10" plate instead of 12" plate

Think Before you Snack

- Ask yourself, "Am I hungry?"
- Stop, breathe, reflect, choose
- Portion out snacks into bowl / plate / bag

