

## *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!**