

Mindful Eating Experience

Hunger l	evel —	-				
Food items to sai	mple and though	ts to share. U	se descriptive w	ords rather than god	od/bad!	
FOOD ITEM (List below)	Appearance/ Temp/Weight			Texture/ Mouthfeel	Overall thoughts & feelings on item:	
1.						
1a. Share feeling	gs, thoughts or me	nories that h	ave surfaced and	d any changed perce	eptions of the food.	
2.						
2a. Share feeling	gs, thoughts or me	mories that h	ave surfaced an	d any changed perce	eptions of the food.	
3.						
3a. Share feeling	gs, thoughts or me	mories that h	ave surfaced an	d any changed perce	eptions of the food.	
4.						
4a. Share feeling	gs, thoughts or me	mories that h	ave surfaced an	d any changed perc	eptions of the food.	
5.						
5a. Share feeling	gs, thoughts or me	mories that h	ave surfaced an	d any changed perce	eptions of the food.	
6.						
6a. Share feeling	gs, thoughts or me	mories that h	ave surfaced an	d any changed perce	eptions of the food.	

What is your hunger level before sampling food items? 1 (ravenously hungry) to 10 (sickly full)

^{**} What is your one mindful eating practice takeaway? **



THE HUNGER & FULLNESS SCALE

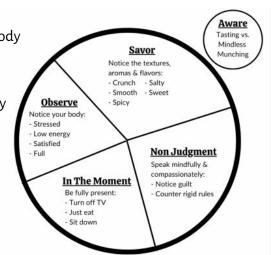
1	2	3	4	5	6	7	8	9	10
Ravenously hungry. I feel weak, low energy.	Uncomfortably hungry. I am thinking A LOT about food.	Feeling hungry, pretty hungry. I want to eat now.	Starting to feel hungry.	Neutral. Neither hungry nor full.	Slightly full. I feel as though I just ate a snack. I could still eat a few more bites.	Satisfied. I am not hungry or too full. Satiated.	Comfortably full. I feel as if I just ate a solid meal.	Very full. I may have eaten more than I should have.	Overstuffed. I am VERY uncomfortable and I'm so full I feel sick.

REMINDERS FOR EATING MINDFULLY —

- Eat slowly without distraction
- Listen to physical hunger cues
- Distinguish between hunger and cravings; honor your hunger
- Become AWARE are you tasting your food or mindlessly munching? Are you taking your time to enjoy food? Are you spending at least 20 minutes enjoying a meal?
- Have non-judgement; speak mindfully, compassionately. Notice when "shoulds," rigid rules or guilt pop into your mind
- Appreciate and savor food both the taste and overall experience
- You do not need to finish everything on the plate
- Try not to eat from a bag or box plate or bowl food to alleviate mindless eating
- Try to half the meal at a restaurant
- Know that adopting more mindful eating behavior takes compassion for yourself and your efforts, and time!

MINDFUL EATING AFFIRMATIONS —

- This meal provides me with good nutrition for my body
- I am enjoying this warm/refreshing, tasteful meal
- I am blessed to be able to enjoy this food
- I am making compassionate choices for myself today
- With each bite of food I am feeling energized
- I am appreciating everyone's contribution, from farm to the table, to make this meal possible for me to consume



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