

## Mindful Eating Experience

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

Hunger level — \_\_\_\_\_

Food items to sample and thoughts to share. Use **descriptive** words rather than good/bad!

FOOD ITEM (List below)	Appearance/ Temp/Weight	Smell	Taste	Texture/ Mouthfeel	Overall thoughts & feelings on item:
1.					
<b>1a. Share feelings, thoughts or memories that have surfaced and any changed perceptions of the food.</b>					
2.					
<b>2a. Share feelings, thoughts or memories that have surfaced and any changed perceptions of the food.</b>					
3.					
<b>3a. Share feelings, thoughts or memories that have surfaced and any changed perceptions of the food.</b>					
4.					
<b>4a. Share feelings, thoughts or memories that have surfaced and any changed perceptions of the food.</b>					
5.					
<b>5a. Share feelings, thoughts or memories that have surfaced and any changed perceptions of the food.</b>					
6.					
<b>6a. Share feelings, thoughts or memories that have surfaced and any changed perceptions of the food.</b>					

**\*\* What is your one mindful eating practice takeaway? \*\***

## THE HUNGER & FULLNESS SCALE

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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

