RECIPE FOR MINDFUL EATING

INGREDIENTS

1. Say NO to diets! (unless medically necessary)
2. Get off the scales! A number will not tell you how you feel only your body will do that.
3. Set one goal (besides weight loss) to get you started.

DIRECTIONS - BASICS

- **B** – Breathe and belly check for hunger and fullness before you eat
  - Mild gurgling or grumbling represents biological hunger and the body’s need for nutrients
  - If ignored, the body continues to speak to you through other symptoms such as irritability, difficulty concentrating, light headedness, stomach pain, headache, lack of energy
- **A** – Assess your food
  - What does it look like? What color is it? Is it appealing? How does it smell? Is this food you really want?
- **S** – Slow down
- **I** – Investigate your hunger throughout your meal, particularly halfway through
  - STOP – stop halfway through, take a breath, observe the signs of satiety and taste, proceed
- **C** – Chew your food thoroughly
- **S** – Savor your food

(ROSSY, 2016)

SHOPPING LIST FOR YOURSELF

- No judgment
- Patience
- Kindness
- Compassion
- Gratitude
- Permission to eat when and what your body wants
- Eat in response to physical vs emotional cues
- Rely on internal cue of hunger and fullness to evaluate what, when and how much eat.