Mindfulness is being aware and accepting of the present moment. This can be done during food prep and while you are eating. It can help you become more aware of your body's natural cues of hunger and fullness.

Focus on what you are eating and try to limit distractions.

Take your time, chew slowly and appreciate each bite of food.

What is your motivation for eating? Are you truly hungry? Are you bored, stressed, or sad?

Listen to your body and use the hunger & fullness scale.*

Mindful Eating

Remember: Drink plenty of water throughout the day!

*flip the page for more information
Hunger & Fullness Scale for Mindful Eating

Use this scale to check in with yourself before, during, and after meals and snacks. Try to stay within the 4-7 range whenever possible.

1. Very hungry. Potentially irritable
   - Starving. Experiencing fatigue or dizziness

2. Starting to feel hungry
   - Hungry. Stomach growling

3. Satisfied. No need for more food
   - Neutral. Neither hungry or full

4. Full enough for mild discomfort
   - Full. Notable discomfort

5. Full to the point of feeling sick
   - Satisfied. No need for more food

6. Extremely full. Experiencing extreme discomfort
   - Full to the point of feeling sick

Use this scale to check in with yourself before, during, and after meals and snacks. Try to stay within the 4-7 range whenever possible.