



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



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.

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.

