



Mindful Eating Tips

Mindful Know-Hows

- **Differentiate between “physical hunger “(true hunger) and “emotional hunger” (just feel like eating).** Sometimes a glass of water is all you need.
- **Slow down.** Notice the food’s texture, taste, and smell. Don’t rush through your meals.
- **Eat without distractions.** Focus on eating. Eating while watching TV or driving may distract you from the real pleasure of eating
- **Stop eating when you are satisfied.** Stop during a meal to ask if you’re really hungry or if you’re eating out of habit.

Hunger/Satiety Scale	
0	Empty
1	Ravenous
2	Over-hungry
3	Hunger pangs
4	Hunger awakens
5	Neutral
6	Just satisfied
7	Completely satisfied
8	Full
9	Stuffed
10	Sick

Physical hunger: True hunger. Tend to over-eat because we’re too hungry.

Try to stay in shaded area. It will help with portion control & energy balance.

Emotional hunger: Food cravings. Too full.