



# Mindful Eating

Pay attention to your food, moment by moment, without judgement

**Mindful eating** will help you develop a healthier relationship with food. To get started, follow the tips below.

1



## Be Fully Present

Avoid distractions from your food.

- Turn off the TV or electronics
- Avoid doing work or reading

2



## Observe and Listen

Pay attention to what your body is telling you.

- Notice if you are feeling full
- Ask if you are eating out of boredom, nervousness, or hunger

3



## Savor the Moment

ENJOY the food you are eating!

- Slow down & enjoy each bite – notice texture, taste, & smell
- Sit down for relaxation and better digestion

4



## Remain Nonjudgemental

Avoid thinking about food as "good" or "bad"

- Notice when you are having guilty thoughts
- Learn to appreciate food as nourishment