MINDFUL EATING

Being present when eating to gain insight into how foods make us feel (emotionally and physically)

HONOR YOUR HUNGER
Keep your body biologically fed with adequate energy and carbohydrates. Otherwise, you can trigger a primal drive to overeat.

MAKE ROOM FOR PLAY FOODS
Labeling foods we enjoy as "bad" or "cheat" foods can lead to restriction; restriction can lead to an unhealthy relationship with food.

CONSIDER ALL FACTORS
Social determinants, sleep, stress and more all impact health. Don’t forget self-care.

CONSUME ALL 3 MACRONUTRIENTS
Eliminating or restricting a macro does not support long-term health outcomes. Try pairing carbs, fat and protein together during meals and snacks.

RESPECT YOUR FULLNESS
Observe the signs that show that you’re comfortably full. This can be done through limiting distractions while eating!

STRIVE FOR VARIETY
By trying to focus on what to add versus remove from your diet, you can enjoy foods and focus on getting vitamins, minerals and antioxidants.

MINDFUL EATING IS...
a process-oriented (rather than an outcome-driven) behavior

DOs
Take small bites
Eat at a table
Drink more water

DON’Ts
Eat in a hurry
Digital distractions
Eat when triggered

Based on your experience in the moment
meant to help you focus on appreciating the experience of food and not be concerned with restricting intake