

## Lifestyle Medicine: Mindful Eating

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### Mindful Eating Basics:

1. Spend 20-30 minutes at each meal.
2. Chew slowly and thoroughly for full nutritional benefit.
3. Remove external distractions and engage all your senses in the food in front of you.
4. Reflect on how this meal is serving your nutritional needs.
5. Review the Hunger-Satiety scale to help determine true hunger cues vs. eating out of habit/boredom/stress.



### Alternative Habits to Replace Eating Out of Habit/Boredom/Stress:

6. Practice a mindfulness exercise (see separate handout)
  - a. Example: Mindful breathing
7. Go for a walk outside
8. Drink a glass of water
9. Write down the thoughts that triggered the urge to eat
  - a. Take a few minutes to expand on these thoughts, create solutions, or leave them there on the paper
10. Practice a restorative yoga pose
  - a. Example: "Legs up the Wall" pose (modify with legs bent if needed)
11. Reach out to someone who understands and can help you move through any challenging thoughts
12. Consume a nutrient-dense snack rather than a calorie-dense snack
  - a. Fruit with nut butter
  - b. Chopped veggies with hummus
  - c. Unsweetened yogurt with crushed nuts, seeds, and berries

