Mindful Eating
www.eatingmindfully.com

Aware
Tasting vs. mindless munching

Observe
Notice your body. (Rumbling stomach, low energy, stressed out? satisfied? full? empty?)

Savor
Notice the texture, aroma, and flavor (Is it crunchy, sweet, salty smooth, spicy)?

In-the-Moment
Be fully present. Turn off the T.V. Sit down. When you eat, just eat.

Nonjudgment
Speak mindfully and compassionately. Notice when "shoulds," rigid rules, or guilt pop into your mind.

Susan Albers 2012® Eat, Drink & Be Mindful