Mindful Eating

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The Mindful Eating Plate

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.

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