BENEFITS OF MINDFUL EATING

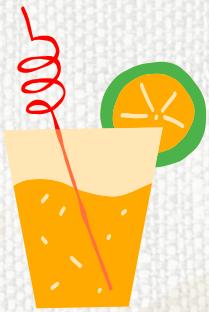
Whole Lifecycle NUTRITION

- Not a fad diet
- You can eat! No starvation or restrictive dieting
- Realistic and doable
- Sustainable, it can be followed long-term
- Behavior change that works no matter what your dietary preferences are
- Proven to help with emotional eating, weight management, and creating a healthy relationship with food



MINDFUL EATING IS

- Not feeling guilt, shame, or judgement about your food choices
- Balancing how to eat, not what to eat. No recipes or food rules
- Being aware, present, and noticing each bite
- Savoring and enjoying your food
- Using your senses (taste - sweet, spicy) (smell - aroma) (texture - crunchy, soft) (hearing - sizzle, crisp)
- Consciously deciding how much you are eating
- Understanding your personal hunger and fullness levels



MINDLESS EATING IS

- Eating when you aren't hungry, whether bored, stressed, anxious, or happy
- "Zoning out" while eating
- Eating while distracted, such as in front of the t.v., driving, or working.
- Following food rules and not listening to your body's cues
- Falling into old habits and routines

