



Mindful Eating

There are many reasons people eat including boredom, pleasure, anxiety, busy schedule, or social gatherings. If you are eating for reasons other than to satisfy your hunger, you may have dietary habits that make it difficult to manage your weight. Listen to your body and examine your **hunger** (physiological need for food), **appetite** (desire for food), and **satiety** (feeling of fullness and satisfaction from eating) prior to eating.

Hunger and Fullness Scale

Use the following scale to rate your feelings of hunger and fullness before and after you eat.

- 1 = Famished, starving
- 2 = Really hungry, may feel tired, weak, difficult to concentrate
- 3 = Hungry, stomach may grumble
- 4 = Somewhat hungry but could wait to eat
- 5 = Neither hungry nor full, don't need to eat
- 6 = Feel satisfied or somewhat full, no reason to eat more
- 7 = Politely full, you could eat more but don't have to
- 8 = Full, don't need to eat more
- 9 = Uncomfortably full
- 10 = Painfully full, can't eat more

Aim to stay within 3-7 range on the hunger/fullness scale!

Need or Want? (N.O.W. Technique)

When food is a thought, ask yourself, "Is this a need because I feel stomach hungry or is it a want?" If you are not hungry, wait to eat until you are hungry and find alternative activities you can do in the meantime. Reasons people might eat when not hungry include boredom, stress, feeling sad or sleepy, while studying, social situations and when tempting food is nearby. Consider the following activities you can do when not hungry:

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| Drink a beverage | Light a candle | Stretch |
| Brush your teeth | Listen to music | Study at the library |
| Chew gum | Organize | Sudoku |
| Clean | Pinterest | Take a bubble bath |
| Color/draw/doodle | Play a game (board, app, video) | Take a nap |
| Crochet | Play a sport | Take a shower |
| Do a craft | Play with your pet | Talk on the phone |
| Go for a bike ride | Practice Duo Lingo | Walk the dog |
| Go for a walk | Read a book | Work on a puzzle |
| Go to the park | Ride your bike | Workout |
| Homework | Social media | Write in a journal |
| Knit | Solitaire with deck of cards | Yoga |