



The ABCs of mindful eating

A- ASSESS

Assess Hunger levels: using a scale of 1-10 where 1 is stuffed and 10 is starving. Where are you when you sit down to eat?

Assess Emotions/Feelings: are you angry, lonely, tired, depressed, anxious?

B- BREATHE

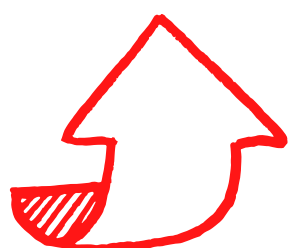
In order to prepare your body for food, it is ideal to get into the "rest and digest" or parasympathetic state.

Take 3-5 slow, deep breaths. Breathe in for a count of 5, then out for a count of 5.

C- CHEW

Chewing your food thoroughly will prompt the release of enzymes to help start the digestive process. This decreases the burden on the rest of your GI system when breaking down food & increases the availability of nutrients.

There is research showing that people that chewed 32-50 times per bite of food actually decreased their overall food intake by 30% and felt more satisfied with less food



Then go back to A and
reassess for satiety &
satisfaction