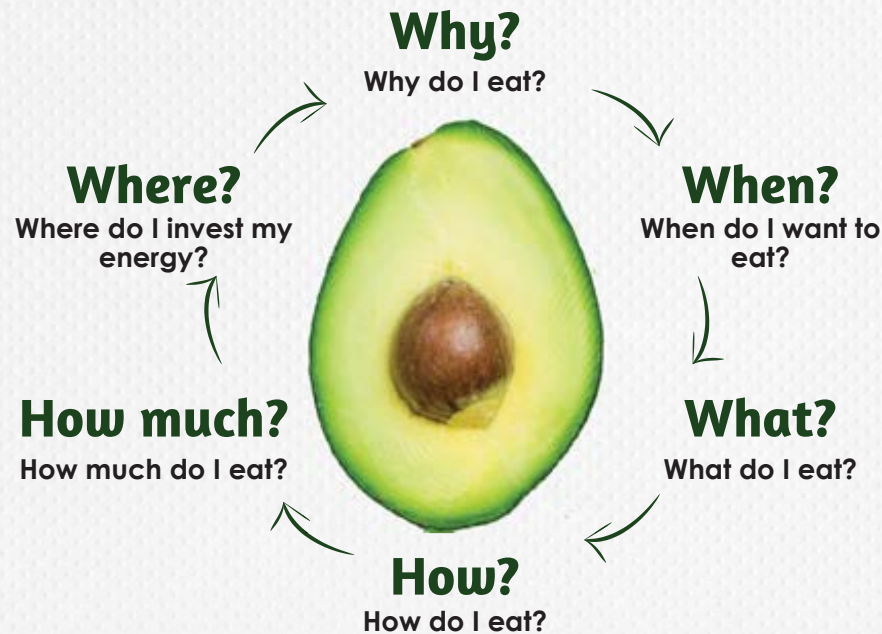


Learning Strategies For **MINDFUL EATING**

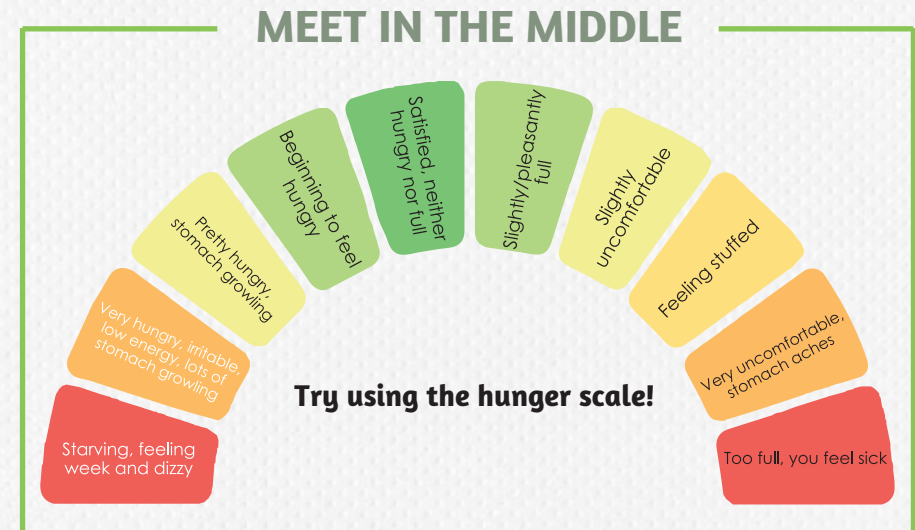
Mindful VS Mindless Eating



<u>Mindful Eating</u>	<u>Mindless Eating</u>
Acknowledge food as nourishment	Use food as reward, punishment, or tool
Approach food preferences and selection without judgment	Label foods as "good" or "bad" and restrict choices
Recognize physical hunger cues	Wait until you're starving before eating or eating when not hungry
Connect with food while eating by disconnecting electronics	Eat while watching TV, using phone, or working on computer
Select and prepare food considering its origin	Select and purchase overly processed food
Honor fullness cues and stop eating once satisfied	Ignore fullness cues and continue eating until stuffed

Mindfulness Tools

Identifying behaviors that drive mindless eating, learning strategies for mindful eating, and understanding the importance in connecting with food.



1. Utilizing the hunger scale

- Ideally, you want to fall into the 4-6 range in the hunger scale of 1-10

2. Understanding hunger and satiety

- "it's not you, it's your hormones"
- Curbing overeating involves shifting your mindset from "eating until you're full" to eating until you've just had enough. "Just enough" means that you've eaten the right amount to support your hunger for about 4 hours.

3. Journaling before, during, and after meals and snacks

- Tracking hunger, fullness, emotions, and perceived healthfulness
- Writing in a journal to track results and notice trends.
- Accountability can be important to changing behavior.

Mindfulness Tools (continued...)

4. Slow down!

- We get satisfaction from chewing - that's why we like foods with various textures. Chewing food not only gives your mouth more satisfaction, experiencing changing textures and flavors, but it helps us get more nutrients from what we eat. There are enzymes in saliva that break down food, allowing the mouth to begin absorbing nutrients even before we swallow our food.

5. Recognize stress eating and know your triggers!

- Give yourself a 30-60 second pause before making a decision. This can help recognize triggers.
- Exercise
- Eat smart
- Manage stress

6. Redirect

- What if your goal is to make a healthy snack for dessert, but the only thing in the pantry is cookies. Have other snack options available for a redirect. Maintaining an environment with healthy options available is key.

7. Embrace "Healthy Eating" and manage your expectations

- We want to nourish our bodies while enjoying the food we are eating.
- **Ask yourself:** What are you asking your food to do for you?
 - To comfort?
 - To fuel?
 - To nourish?
 - To prevent disease?
 - To entertain?

8. Cooking healthy

- Be the nutritional "gatekeeper"
- Decisions about what to eat for breakfast, lunch, dinner, and snacks are mainly determined by what foods the grocery shopper (a.k.a the nutritional gatekeeper) brings into the house. Keep cooking simple and convenient.

Set S.M.A.R.T. Goals

Specific:

What are you trying to accomplish? Use the "W"s to help be precise: who, what, where, when, why

Measurable:

Including measures is important so you know how close you are to reaching your goals!

Set S.M.A.R.T. Goals (continued...)

Attainable:

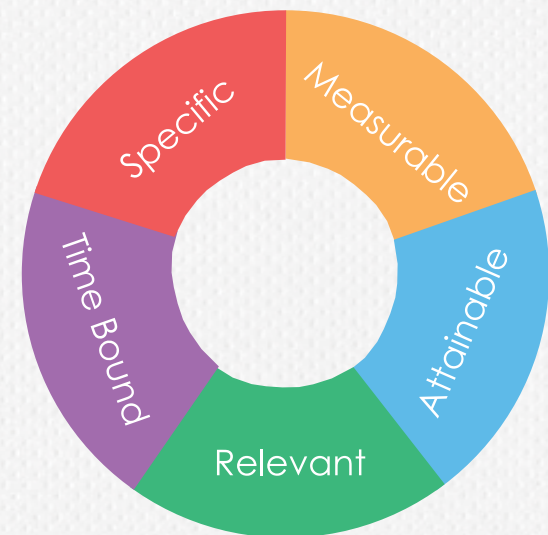
Make sure you have resources to reach your goals and they are things you CAN make happen.

Relevant:

The goal should be relevant to YOUR needs and support your values and vision for the future.

Timed:

Goals should have deadlines so you can review and revise when necessary, develop a schedule for your goals.



VISALIA
4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549

HANFORD
740 N. Irwin St.
Hanford, CA 93230
559.272.9551


HEALTHWISE
MEDICAL CLINIC
www.healthwise.clinic

PORTERVILLE
99 W Putnam Ave
Porterville, CA 93257
559.272.9544

DINUBA
561 N Alta Ave. Suite A,
Dinuba, CA 93618
559.725.8165