

LISTEN TO YOUR BODY

Eat mindfully

We are often distracted when we eat by watching television, scrolling on our phones, or doing work or homework. Multitasking takes focus away from food, leading you to eat more without realizing you are getting full.



Being mindful means:

- Fully focusing on what you are doing.
- Listening to your body when it signals you are hungry.
- Being aware of each bite you take so you can recognize when you are full.

Identify other types of hunger.

There may be times when none of the physical signals of hunger are present, but you still want to eat. If we frequently eat in response to these types of hunger, we may eat more than we need.

Emotional hunger:

Desire for food due to feeling lonely, angry, sad, bored, stressed, or anxious

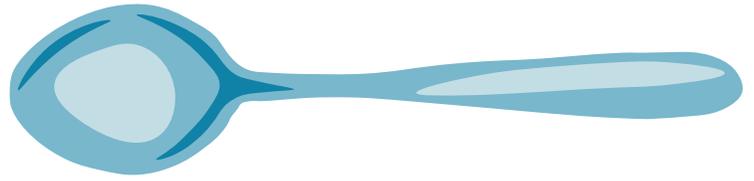
Environmental or mental hunger:

Desire to eat after seeing or smelling food

Steps for mindful eating:

- Turn off the tv.
- Put your phone away.
- Pay close attention to the process of eating.

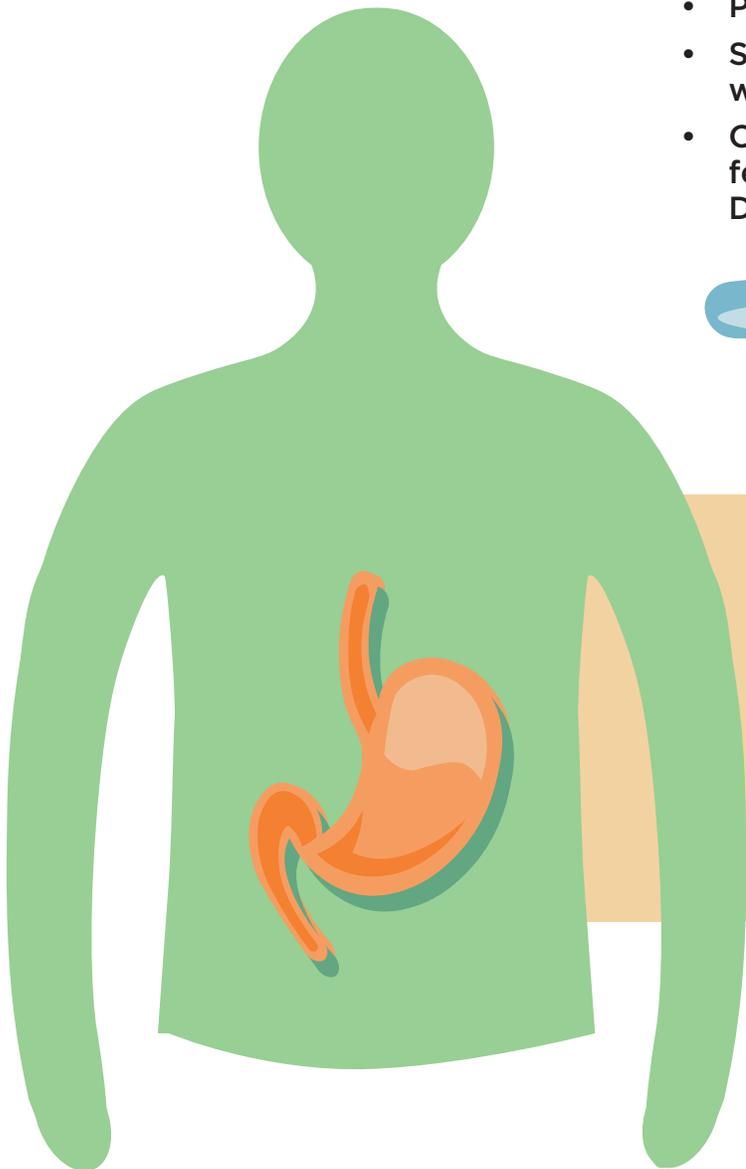
When you pay attention to the experience of eating your meal, you enjoy your food more. You are more aware of your body cues and a smaller portion may be enough to satisfy your hunger.



Slow down and check in.

This can help prevent eating too much.

- Eat slowly to enjoy your food and allow time to feel the sensation of becoming full.
- Put your fork or spoon down between bites.
- Start with smaller portions. The more food we have on our plates, the more we will eat.
- Check in regularly to see how your stomach feels. Stop at a point of comfortable fullness. Don't wait until you're stuffed to stop.



Identify physical hunger signals.

These are some signals your body gives you when it needs food:

- Stomach rumbling or growling
- Feeling light-headed or faint
- Trouble focusing on a task
- Headache or stomachache
- Irritability or “hanger”