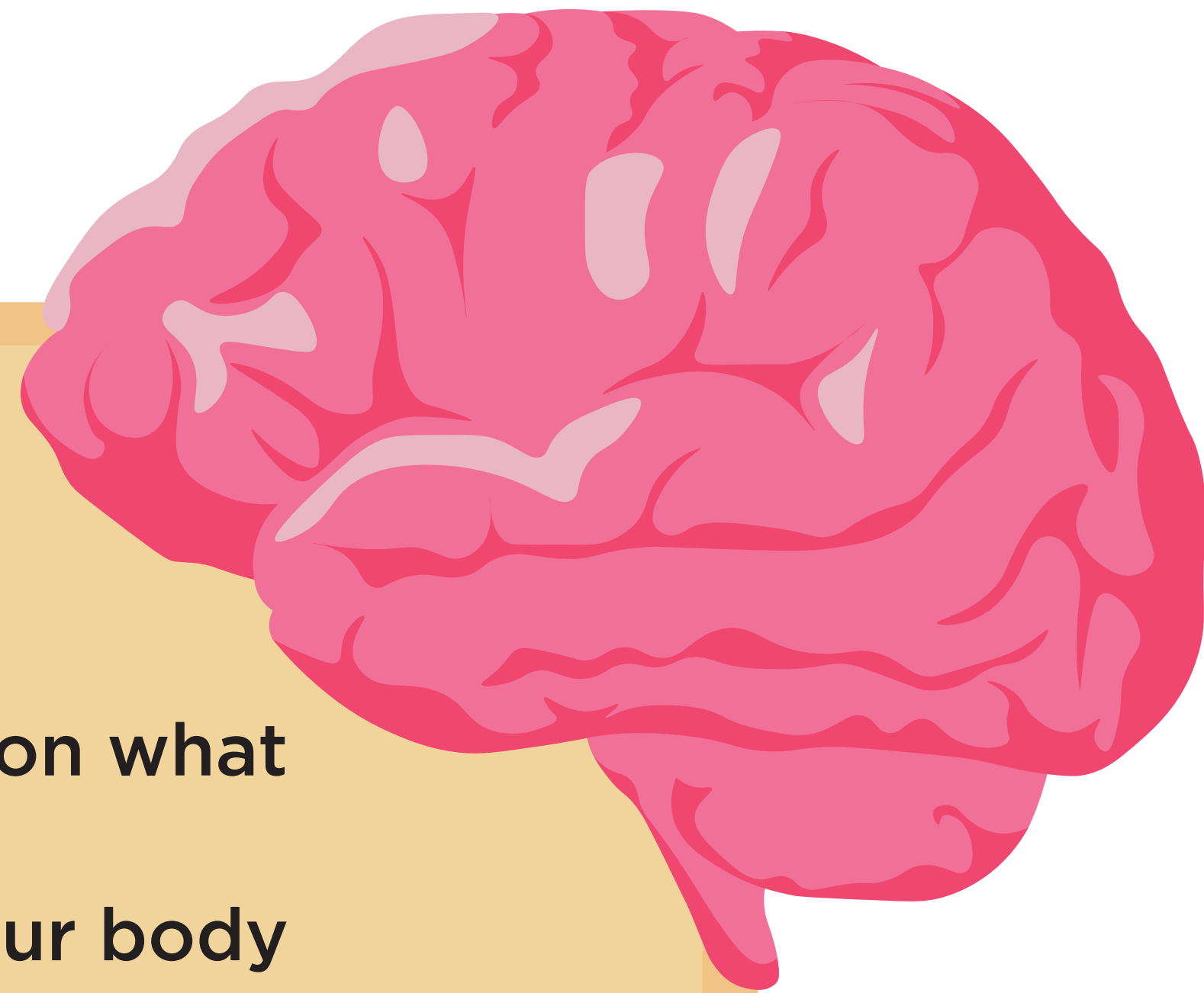


# LISTEN TO YOUR BODY

We often eat for reasons other than hunger. Be mindful of letting other things determine when and how much you eat.



## Being mindful means:

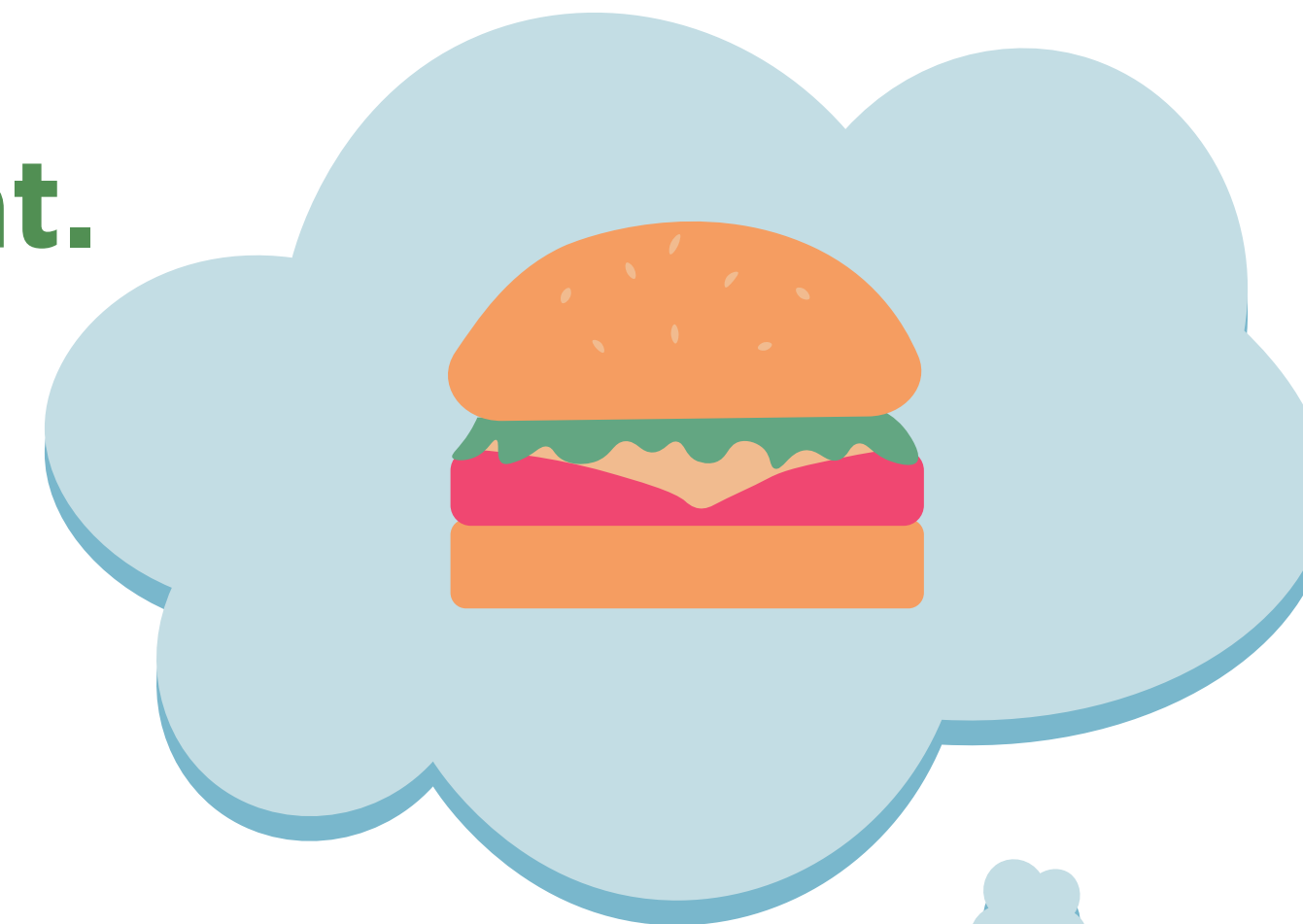
- Fully focusing on what you are doing.
- Listening to your body when it says you are hungry.
- Being aware of each bite you take so you can recognize when you are full.

## Stay mindful while eating

- Avoid distractions like the TV or your phone.
- Pay attention to the way food smells, looks, feels, and tastes.
- Eat slowly to enjoy your food and to allow time to feel the sensation of becoming full.
- Put your fork or spoon down between bites.

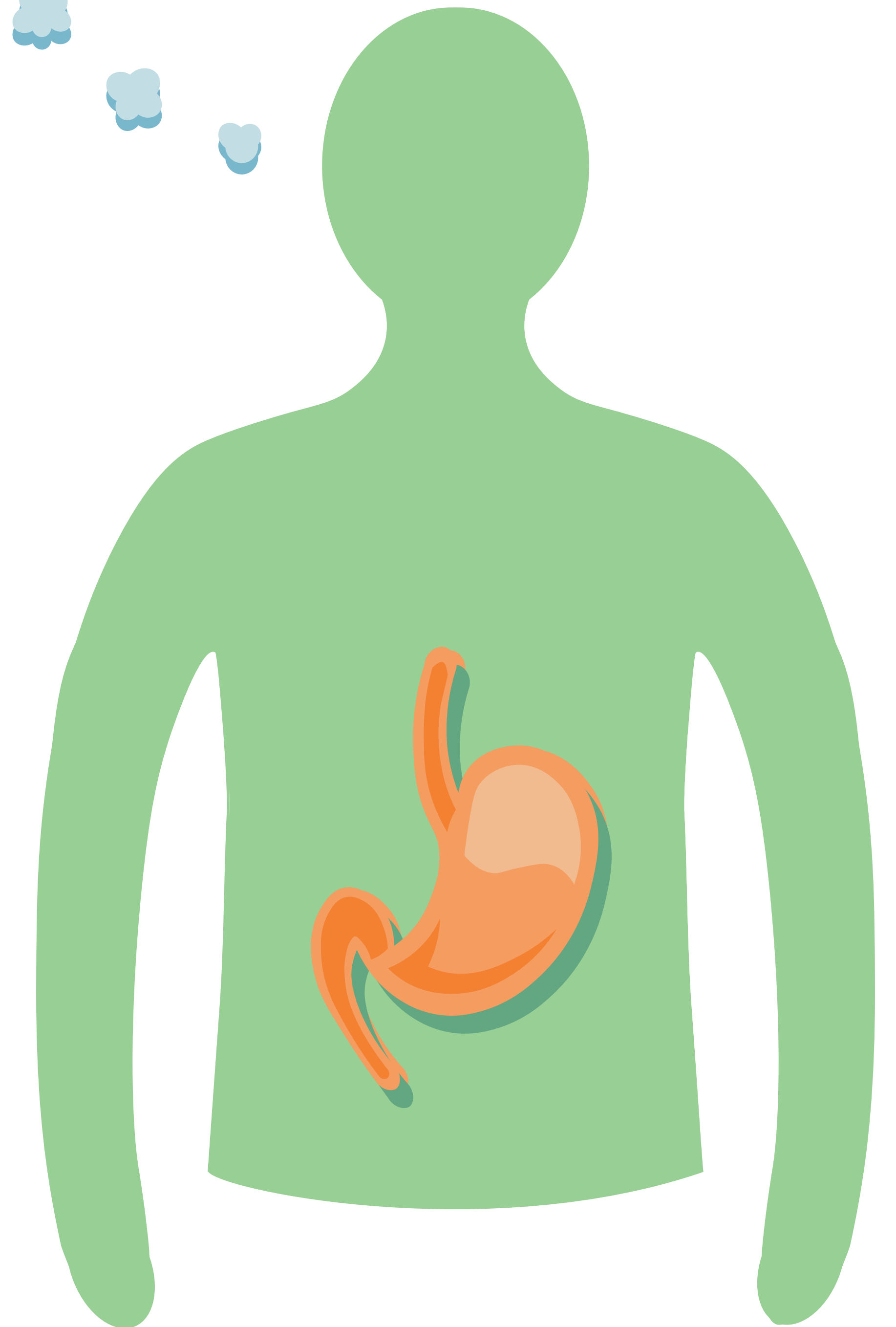
## Reasons you may eat when you are not hungry

- Being around others who are eating
- To avoid wasting food
- Seeing or smelling food
- Time of day
- Stress or boredom
- Habit



## Signals you are hungry

- Stomach growling
- Feeling light-headed or faint
- Trouble focusing on a task
- Stomachache or headache
- Irritability or “hanger”



Start with smaller portions. The more food we have on our plate, the more we will eat.