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.

Signals you are hungry

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

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.

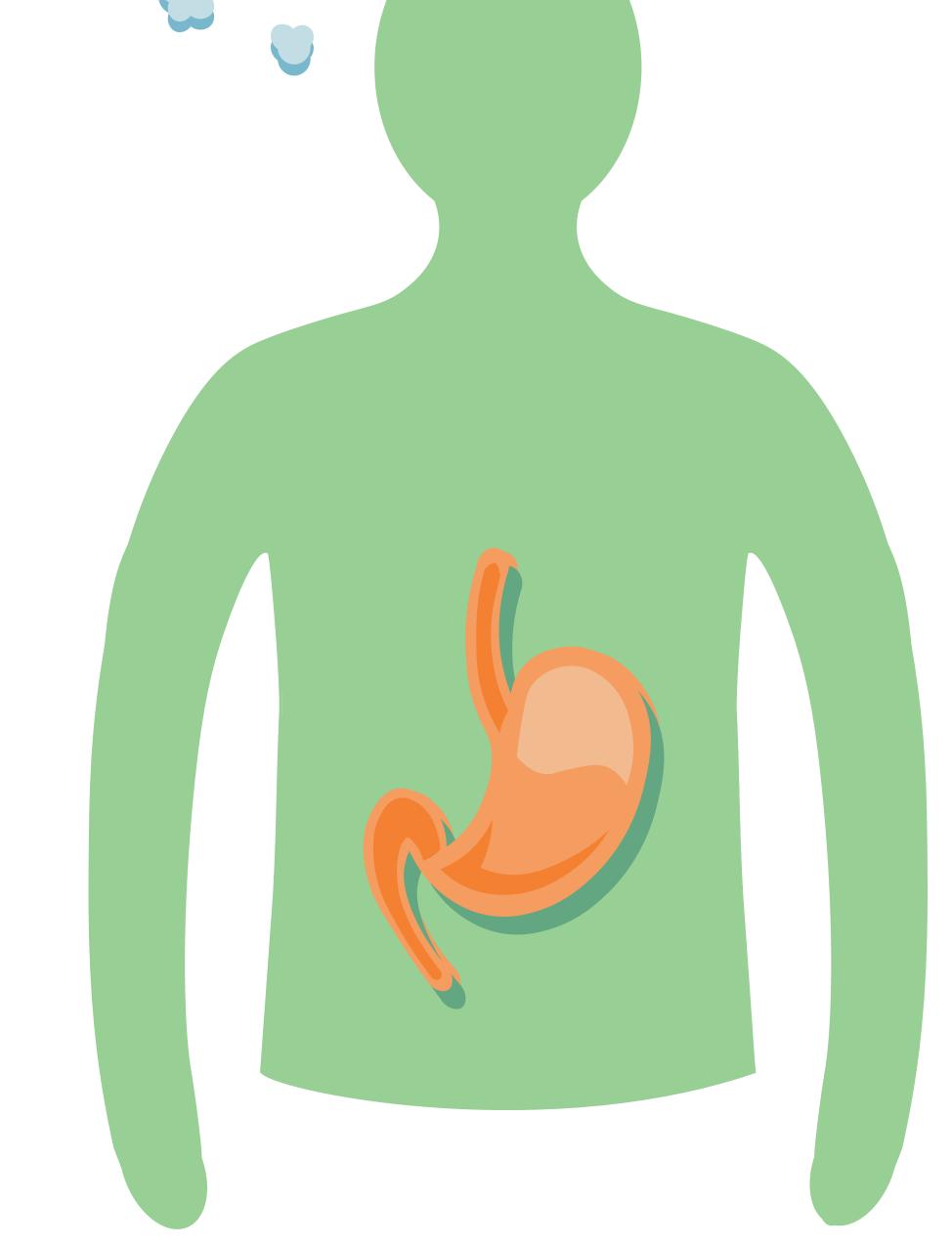
Stay mindful while eating

- 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

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





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Funded in part by USDA SNAP.
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