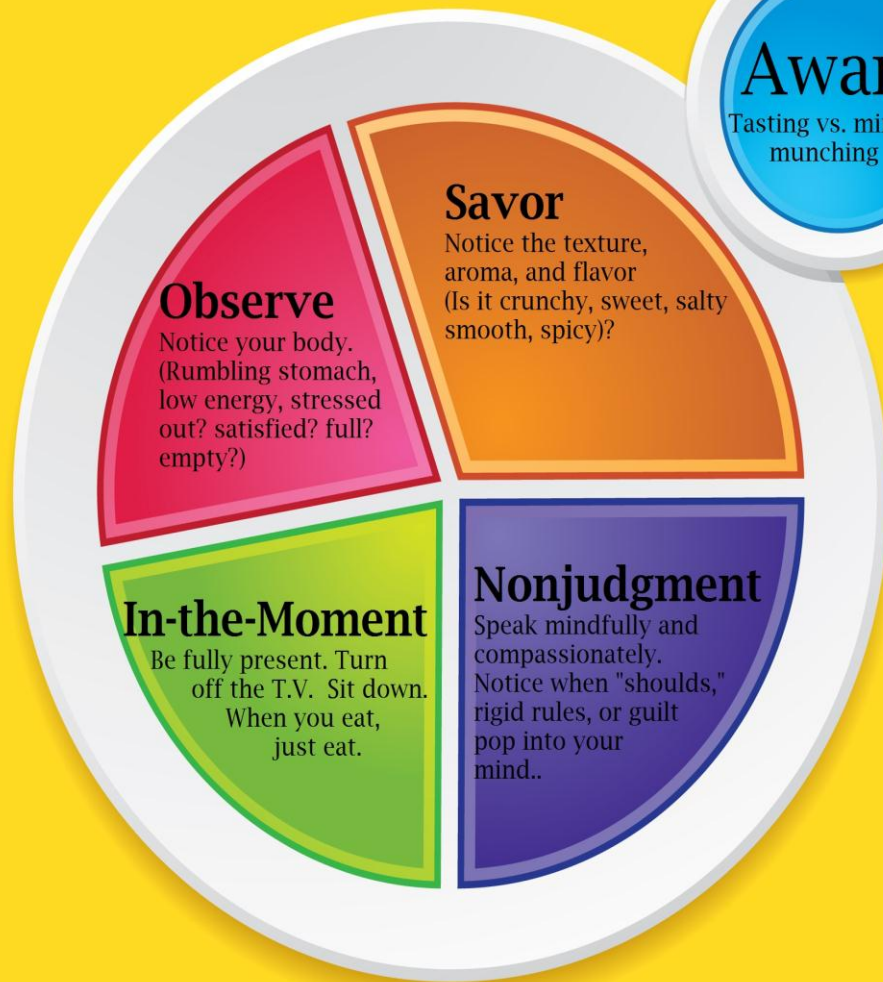


Mindful Eating

www.eatingmindfully.com



Observe

Notice your body.
(Rumbling stomach,
low energy, stressed
out? satisfied? full?
empty?)

Savor

Notice the texture,
aroma, and flavor
(Is it crunchy, sweet, salty
smooth, spicy?)

In-the-Moment

Be fully present. Turn
off the T.V. Sit down.
When you eat,
just eat.

Nonjudgment

Speak mindfully and
compassionately.
Notice when "shoulds,"
rigid rules, or guilt
pop into your
mind..

Aware

Tasting vs. mindless
munching