



# What is Mindful Eating?

Mindfulness means to increase one's awareness of his or her own physical, cognitive, and emotional state, as well as the environment and events he or she is experiencing in the present moment. To be mindful, one pays attention to the occurring in-present moment without any judgment. When being the mindful eater, the individual is fully aware of the type of food he or she is eating, how much of it, and really savors the flavor.

**Slow Down**

**Think about where Food Comes from**

**Create a Healthy Eating Environment**

**Consider your Feelings**

**Use a Food Diary**

**Measure your Food**

**Pay Attention to your Hunger Cues**

**Eliminate Distractions**

# What is Mindless Eating?

## Distracted Eating

Mindless eating easily occurs when the mind is sidetracked by television, conversations, and other distractions.

## Disinhibition

This is simply just eating when you're not hungry. Perhaps a sense of boredom has set in and eating food is going to give you something to do.

## Lack of Awareness

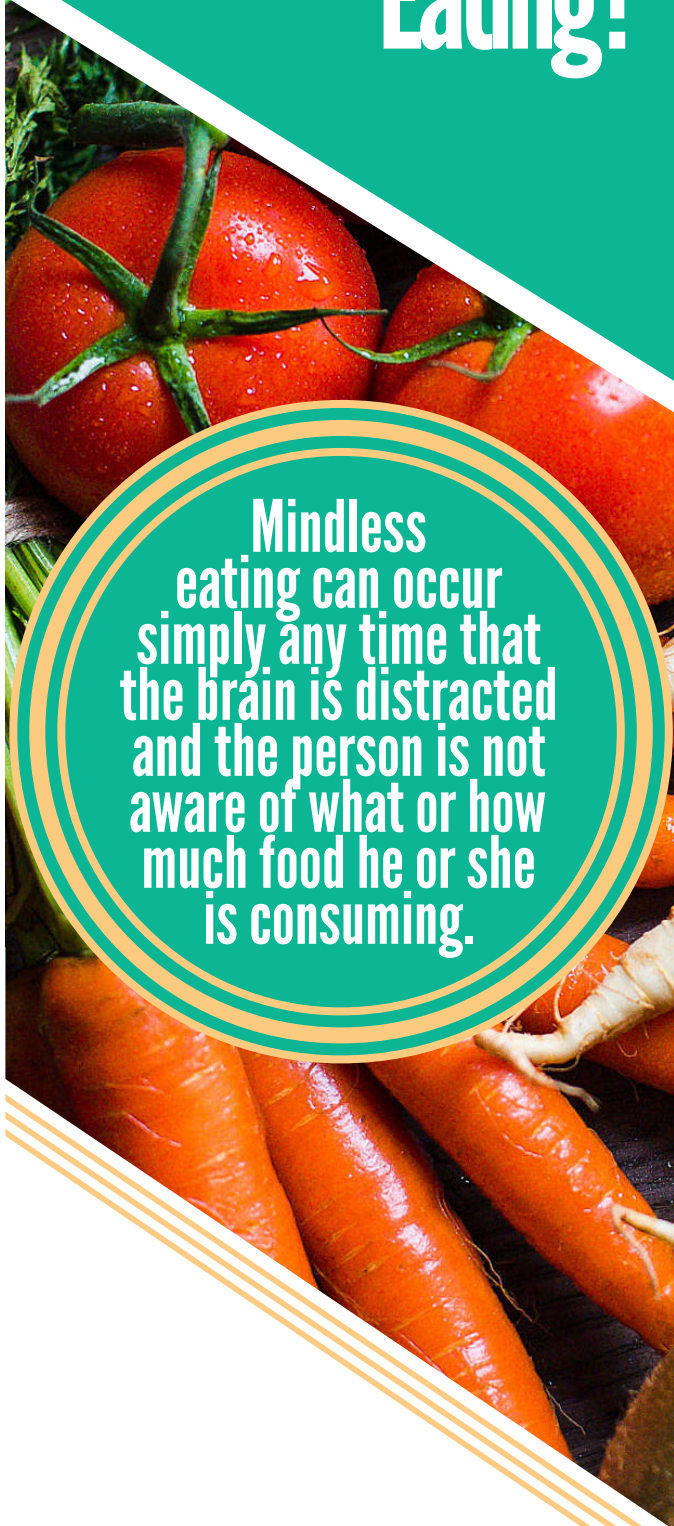
It is easy to not even realize how much food you're consuming, especially when eating directly out of the bag or not measuring portion sizes.

## Emotional Eating

Emotions can play a large role with mindless eating. Some individuals may turn to food as a sense of comfort when sad or may potentially eat when bored. Pay attention to your emotions, and try not to feed them.

## External Reasons

An outside source, such as food advertisements or television commercials, may contribute to mindless eating. Have you ever seen a billboard of a juicy burger and then began to crave it?



Mindless eating can occur simply any time that the brain is distracted and the person is not aware of what or how much food he or she is consuming.