

MINDFUL EATING CHECKLIST

- Pay attention to how your body feels and performs after eating certain foods
- Don't skip meals. Develop a snack meal time routine around the times you're most hungry
- Listen to your hunger cues. Know when you are satisfied versus too full
- Don't feel guilt over wanting to enjoy a treat in moderation
- Have an open mind to food. Don't be afraid to try new, healthy foods; the foods you end up liking may surprise you