



**How can I become more mindful of what I am eating?**

Research has shown that making small changes to our daily habits, that increase our awareness of what we are eating, can directly lead to weight loss. Here are some solutions that can help increase your awareness, and avoid mindless eating.



**POSSIBLE SOLUTIONS**

- Only eat in the kitchen/dining room and at the table.
- Serve portions to a plate or container - don't eat out of the bag, box, carton, etc.
- Use smaller plates and taller glasses.
- Don't buy the high calorie/processed foods - if they are in your home keep them out of sight.
- Make the time to eat slowly, and without multitasking or electronics -TV, phone, etc.
- Do not stockpile - avoid buying in bulk.
- Maximize volume/minimize calories by filling half your plate with veggies and drinking water.
- STOP! Ask yourself if you are truly hungry or if one of the culprits above is at play.
- Plan your meals and snacks each day - have healthy paired snacks prepped and ready.
- Practice ways to say no, and don't be afraid to throw food out - don't allow yourself to consume it to "save" it from the trash!



**MY PLAN**

**How have you overcome mindless eating in the past and/or how could you improve on this going forward?**