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Mindful Eating Tips

Listed below are some mindful eating tips to help you rediscover your natural intuition about food and hunger. Mindful eating is a practice that takes time to learn and develop. Since there is no judgment in mindful eating, give yourself grace and patience as you are learning. Over time eating mindfully will become second nature to you.

1. **Begin practicing mindfulness:** Start by eating one meal a day slower and while being more aware.
2. **Hunger check:** Before eating, check in with yourself to determine how hungry you are. Am I hungry enough for a meal or a snack?
3. **Emotional check:** How are you feeling (are you happy, content, stressed, bored, etc)?
4. **Senses check:** What type of food are you hungry for? Do you want savory, sweet, or salty? Do you want something hot or cold?
5. **Time check:** Do you have time to sit and savor? Or are you crunched for time?
6. **Time crunch:** Planning to nourish your body is an act of mindfulness. Taking the time to grab some food or packing food to eat on the go is being mindful that your body needs to be fuelled.
7. **Focus:** Focus on the meal in front of you. Avoid doing other activities while you eat (working, talking on the phone, watching TV, driving, reading, etc.).
8. **Savor:** While eating notice all the colors, smells, flavors, and textures of the food.
9. **Awareness of food:** Notice your reaction to the food you are eating. What do you like, what don't you like? If you are enjoying your food, savor it.