



MINDFUL EATING



Ask yourself the following questions before, during and after every meal.

Before Eating

1. Am I truly hungry, or is this an emotional craving?
2. What does my body need right now – fuel or comfort?
3. How do I want to feel after this meal?
4. What's triggering my desire to eat?
5. Have I had enough water today?

While Eating

1. What does this food feel like in my mouth? Am I enjoying it?
2. Am I eating quickly or calmly?
3. Have I tasted and appreciated the first few bites?
4. Am I still physically hungry halfway through?
5. Is this portion satisfying or excessive?

After Eating

1. Do I feel energized, bloated, or sluggish?
2. Did I stop when I felt full or when the plate was empty?
3. How do I emotionally feel right now – guilty, content, proud?
4. What can I learn from this meal for next time?
5. Did this meal support my long-term goals?