Mindful Eating

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start!

Knowing Your Hunger and Fullness Cues
Score your body on the hunger scale from 1 (extremely hungry) to 10 (so full, you feel sick)
- Aim to be between 4 and 7 on that hunger scale.
- Anytime you feel slightly hungry choose a healthy snack to fill up to feel comfortably satisfied, without being overly full.

Tips for Eating Mindfully
- To prevent hunger between meals, plan a consistent eating routine with 3 main meals a day.
- Skipping meals can lead to overeating later in the day.
- Plan and portion your snacks ahead of time to avoid over snacking and temptations.
- Snacks should be high in protein and healthy fats for more substance.

Smart Snacking Ideas
- Add nut butter to fruits & veggies.
  - If allergic, substitute with Greek yogurt, or hummus
- Make a homemade smoothie with frozen fruit and water/dairy product.
  - You can add spinach or kale to have an extra serving of veggies.
- Create your own trail mix by combining nuts, seeds, dried fruit, and even some dark chocolate.
- Hard boiled eggs are a great protein addition to any snack.