


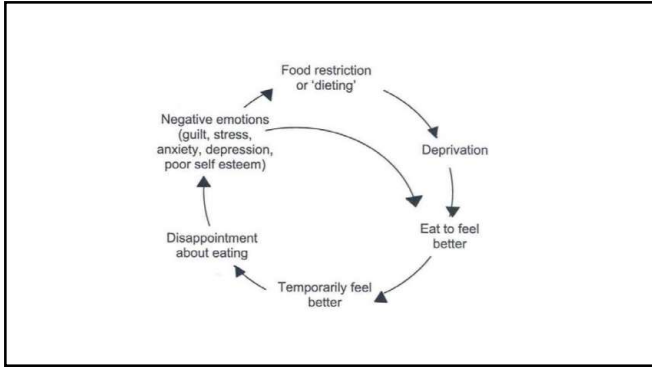
**Food for thought**  
*find your sustainable eating behaviour*  
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**HOW and WHY we eat**

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**Mindful eating**

*Bringing present moment awareness to the food and eating experience, without judgement, using all senses*

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**1) Pay close attention to body, habits and triggers**

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**2) You can fuel your body without quitting anything**

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**3) Food is food  
There is no good food or bad food**

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**4) Mindful eating is an opportunity to nourish the mind  
and the body**

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- Physical hunger
- Psychological hunger
  - Stress
  - Boredom
  - Procrastination

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Physical hunger	Psychological hunger
Gradually increases	Suddenly appears
Any food will do (e.g. an apple)	Desire certain foods only (e.g. chocolate)
Can wait	Sense of urgency, no thinking
Responding to needs e.g. hunger pains	Responding to feelings e.g. sadness
Consumed with awareness	Impulsive, consumed quickly
Satisfaction after eating	Feelings of guilt

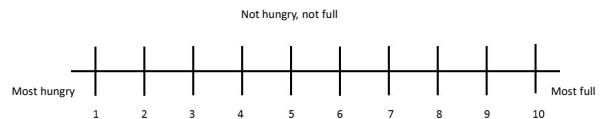
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Hunger Level Scale	
Rating	Physical Sensation
☹️	1 Starvation, need to eat now, hunger pains, shaky, light headed
	2 Slight pain in stomach, hard to concentrate, lack of energy
	3 Beginning of physical signs of hunger, stomach growling sometimes
	4 Could eat if it were suggested
😊	5 Neutral
	6 Satisfied
	7 Feel food in stomach
	8 Stomach sticks out
☹️	9 Bloating, clothes feel tight, sleepy and drained
	10 Definitely full, stomach uncomfortable, no energy, physically sick

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**Let's practice!**

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### Combating mindless eating

- Awareness
  - Am I hungry? How will this make me feel in 5-10mins?
  - Am I stressed? Am I bored? Am I tired? Do I really want this?
- Regularity – 3 meals/day ± snacks in between
- Adequacy – ensure right portions at each meal, not under-eating
- Fluids
- Pace – slow down – allow 15-20mins/meal
- Avoid distractions

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### Christmas management

- Plan ahead – avoid excessive leftovers
- BYO healthy options
- Sit down when eating
- Put down the knife and fork
- Enjoy conversation with friends and family
- Don't rush
- Regular meals – not necessary to skip meals/fast
  - Don't need to "earn" food
- Do not deprive self



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**Want to know more?**

[www.bodypositiveaustralia.com.au](http://www.bodypositiveaustralia.com.au)  
[www.mindfuldietitian.com.au](http://www.mindfuldietitian.com.au)

If not dieting, then what? – Dr Rick Kausman  
Diet no more – Judith and Jenny McFadden  
Weight loss for food lovers – Dr George Blair-West  
Intuitive Eating – Evelyn Tribole  
Eating Mindfully – Susan Albers  
Mindful eating, mindful life – Thich Nhat Hanh

Phone apps – Headspace, Stop Breathe Think, Smiling Mind

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