

WHAT IS THE DIFFERENCE BETWEEN MINDFUL & MINDLESS EATING?

	When you start to eat	While Eating or deciding to stop eating	Typical consequences
MINDLESS EATING	<p style="text-align: center;"><u>NOT MINDFUL</u> of HUNGER</p> <ul style="list-style-type: none"> You wait until TOO HUNGRY to eat You ignore hunger intentionally (e.g., dieting) or unintentionally (e.g., busy) You follow rigid food rules (instead of appetite) to guide eating choices 	<p style="text-align: center;"><u>NOT MINDFUL</u> of BODY NEEDS</p> <ul style="list-style-type: none"> You choose to eat less than your body needs and/or less than you want You stop eating when STILL HUNGRY or NOT FULL ENOUGH 	<p style="text-align: center;">RESTRICTIVE EATING</p> <ul style="list-style-type: none"> Inadequate nutrition, low weight Low energy Feel deprived or get cravings Think and worry a lot about food & eating Problems with mood, concentration, social life, and relationships Increases risk for eating disorders
	<p style="text-align: center;"><u>NOT MINDFUL</u> of FULLNESS</p> <ul style="list-style-type: none"> You eat when you're NOT HUNGRY and eat for non-appetite reasons, like due to: <ol style="list-style-type: none"> Unhelpful External Cues, such as food available, others eating, party, watching TV, studying Emotional Cues: to tune out uncomfortable emotions (e.g., boredom, loneliness, stress), to procrastinate, to enhance positive emotions (e.g. celebrate) 	<p style="text-align: center;">EAT MINDLESSLY</p> <ul style="list-style-type: none"> You are likely to choose treat or comfort foods You may eat quickly You may not savor and enjoy food You don't stay tuned into your stomach while eating, which makes you likely to get TOO FULL or STUFFED 	<p style="text-align: center;">OVEREATING</p> <ul style="list-style-type: none"> Eat more than your body needs Gain weight Feel out of control Feel fat/bad/guilty Think and worry a lot about food & eating
MINDFUL EATING	<p style="text-align: center;">MINDFUL of HUNGER</p> <ul style="list-style-type: none"> You eat at planned meal and snack times to prevent getting TOO HUNGRY You eat when you're MODERATELY HUNGRY 	<p style="text-align: center;">EAT MINDFULLY</p> <ul style="list-style-type: none"> You make intentional food choices (i.e., choose foods that feel good now & later) You eat slowly You savor & enjoy food You stay tuned in to your stomach while eating, which makes it easier to stop when you're MODERATELY FULL 	<p style="text-align: center;">MINDFUL EATING</p> <ul style="list-style-type: none"> Eat just as much as your body needs (no more or less) Feel in control Don't think and worry so much about food and eating More time and energy for valued activities