



12 Mindful Eating Strategies¹

2 Check your stress level.

Eating is a common response to stress. During times of stress, you may find yourself turning to food even when you are not hungry. Try to get your mind off of food and deal with stress in other ways, perhaps a few deep breaths or a short walk.

¹ Dunn C, Thomas C, Aggestam S, Nordby K, Johnson M, Myer S, Hadenstein M.
² Mindful Eating Strategies. 2018.
eemw@fhs.com/wp-content/uploads/2018/03/12-Mindful-Eating-Strategies.pdf



12 Mindful Eating Strategies¹

3 Appreciate food.

Acknowledge the gift of food and the effort needed to grow and prepare it. Enjoy your food with gratitude.

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² Mindful Eating Strategies. 2018.
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12 Mindful Eating Strategies¹

4 Eat slowly.

Eating slowly may help you better recognize your hunger and satiety cues. Try to put your fork down between bites, chew your food well, and make each meal last at least 20 minutes.

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² Mindful Eating Strategies. 2018.
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12 Mindful Eating Strategies¹

5 Be mindful about the taste, texture, and smell of food.

Savor your food. Notice the flavor, shape, and texture of each bite.

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² Mindful Eating Strategies. 2018.
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12 Mindful Eating Strategies¹

6 Be mindful of portions to enjoy quality, not quantity.

When more food is served, we are tempted to eat more. Be mindful of the portion sizes being served on your plate.

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² Mindful Eating Strategies. 2018.
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12 Mindful Eating Strategies¹

7 Be mindful of how hungry you are.

External cues such as seeing or smelling food, may be signaling you to eat, but are you really hungry?

HUNGER SCALE



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² Mindful Eating Strategies. 2018.
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12 Mindful Eating Strategies¹

- 8 Eat before you get too hungry.**
When you get too hungry, you may be tempted to make impulsive choices instead of mindful selections.

¹ Dunn C, Thomas C, Aggarwal S, Nondy K, Johnson M, Myer S, Hadenstein M.
² Mindful Eating Strategies. 2018.
eemw@less.com/wp-content/uploads/2018/01/12-Mindful-Eating-Strategies.pdf



12 Mindful Eating Strategies¹

- 9 Be mindful of your protein.**
Choose plant-based proteins often such as beans and legumes.

¹ Dunn C, Thomas C, Aggarwal S, Nondy K, Johnson M, Myer S, Hadenstein M.
² Mindful Eating Strategies. 2018.
eemw@less.com/wp-content/uploads/2018/01/12-Mindful-Eating-Strategies.pdf



12 Mindful Eating Strategies¹

- 10 Be mindful of your calorie budget.**
Everyone has a number of calories that can be eaten each day to maintain a healthy weight. One way to be mindful of the calories you are consuming is to track what you eat and drink. Tracking for even a few days can increase your mindfulness of what and how much you are consuming.

¹ Dunn C, Thomas C, Aggarwal S, Nondy K, Johnson M, Myer S, Hadenstein M.
² Mindful Eating Strategies. 2018.
eemw@less.com/wp-content/uploads/2018/01/12-Mindful-Eating-Strategies.pdf



12 Mindful Eating Strategies¹

- 11 Determine if the food is calorie-worthy.**
When it comes to special holiday foods or "sometimes" foods, ask yourself, is this calorie-worthy? If you are going to splurge on a high-calorie food, make sure it is something you really enjoy—then have just a few bites.

¹ Dunn C, Thomas C, Aggarwal S, Nondy K, Johnson M, Myer S, Hadenstein M.
² Mindful Eating Strategies. 2018.
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12 Mindful Eating Strategies¹

- 12 Take one bite.**
Follow the one-bite rule when it comes to special foods or desserts. You will not feel deprived from missing out on a favorite food and will not feel guilty for eating too much. The maximum pleasure of eating a food usually comes in the first bite.

¹ Dunn C, Thomas C, Aggarwal S, Nondy K, Johnson M, Myer S, Hadenstein M.
² Mindful Eating Strategies. 2018.
eemw@less.com/wp-content/uploads/2018/01/12-Mindful-Eating-Strategies.pdf



TRACK

FIND THE TRACKING SYSTEM THAT WORKS FOR YOU.

Eat Smart Move More Weigh Less
Calm

© 2016

Mindful Eating – Randomized Control Trial

- Examine the effectiveness of the Eat Smart, Move More, Weigh Less program in increasing mindful eating as measured by the Mindful Eating Questionnaire (MEQ)*, a 28-item questionnaire that assesses five domains of mindful eating.
 - Awareness
 - Distraction
 - Disinhibition
 - Emotional
 - External
- Investigate the relationship between mindful eating and weight loss.

*Framson C, Kristal AR, Schenk JH, Littman AJ, Zellaat S, Benitez D. Development and validation of the Mindful Eating Questionnaire. *J Am Diet Assoc.* 2009; 109:1439-1444.

Mindful Eating – Randomized Control Trial

- We were able to significantly increase mindful eating scores using the education and motivation in our program.
- Participants lost more weight in the program than wait list controls.

*Framson C, Kristal AR, Schenk JH, Littman AJ, Zellaat S, Benitez D. Development and validation of the Mindful Eating Questionnaire. *J Am Diet Assoc.* 2009; 109:1439-1444.

European Congress on Obesity

Highlights from Press Conference

Mindfulness helps men of all sizes

If you want to lose weight, don't eat in front of the TV - study

Mindful Eating

Covered by 38 international media outlets.

Highlights from Press Conference


Mindful Eating 'Helps Weight Loss'

Turn off TV while eating to lose weight

Deze foute eetgewoonte maakt je dikker, maar we doen het allemaal

Did not work? Just meditate: Study reveals mindfulness helped people lose 7 times more weight than people on a standard regime


Contribution to Mindful Eating Evidence



RESULTS:

Participants who completed the Eat Smart, Move More, Weigh Less program had a significantly larger increase in their mindfulness scores than those in the waitlist control group. Results suggest that there is a beneficial association between mindful eating and weight loss.

John C. Olabode-Dada O, Whetstone L, Thomas C, Aggarwal S, Nordby K, Thompson S, Johnson M. Mindful eating and weight loss, results from a randomized trial. *J Fam Med Community Health*. 2018; 5(3): 11-152.



Mindful Eating REVIEW



Strong support for inclusion of mindful eating as a component of weight management programs and may provide substantial benefit to the treatment of overweight and obesity.

27 studies reviewed that included mindful eating as opposed to general mindfulness

John C. Haubenreiser M, Johnson M, Nordby K, Aggarwal S, Myer S, Thomas C. *Mindfulness Approaches and Weight Loss, Weight Maintenance, and Weight Regain, Current Obesity Reports*. 2018; 7:37-49.




QUESTIONS

