



**Diabetes &
Endocrinology**

ARKANSAS
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10 Mindful Eating Questions to Ask Yourself

Do I tend to...

1. Stop eating when I am full
2. Eat when I am hungry rather than emotional
3. Not "pick" at food
4. Taste each bite before reaching for the next
5. Think about how nourishing food is for my body
6. Be nonjudgmental of myself when I accidentally overeat
7. Not multitask while I eat. When I eat, I just eat.
8. Be able to leave some food on my plate if I don't want it
9. Eat slowly, chewing each bite
10. Recognize when I slip into mindless eating (zoned out, popping food into my mouth)

Adapted from: www.eatingmindfully.com
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HUNGER SCALE



(0-3)

Don't let yourself get here. When we're extremely hungry, it's super easy to overeat. Eat slowly and fill up on whole foods.

(3-6)

When you feel hunger pangs, that's a good thing! We're meant to feel hungry. Honor that hunger and nourish your body with whole foods.

(6-7.5)

An awesome place to be in. When you're satisfied, appreciate that feeling and let it guide you to finish your meal or snack.

(7.5-10)

Becoming uncomfortably full feels awful. Simply remember to tune-in, listen to your body, and honor your hunger and fullness.

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