

CONSCIOUS EATING GUIDELINES

1

Eat when you are hungry. Stop eating when you are full. Trust your body, where your highest wisdom already resides. If you learn to listen to your body, it can tell you precisely what and how much it needs.

2

Slow down and engage your senses while you eat. Mindfulness takes time and presence. Know that it takes about 20 minutes for your hunger and satiety signals to kick in.

3

Value life experiences over rigid rules or fear around food. Food adds richness and connection to many important rituals and life events.

4

Let go of labels around good or bad food. Different types of food serve different purposes. Different bodies need different balance. There is a place for all types of food in a mindful diet.

5

Use food primarily to nourish yourself: body and soul. Most bodies need fruits, vegetables, whole grains, lean proteins, and plenty of water to feel good and function properly.

6

Most people need some sustenance at least every 4-6 hours. Aim for a healthy rhythm of food intake throughout the day.

7

If you tend to graze mindlessly, feel anxiety around deciding what to eat, or binge without realizing it, planning healthy meals and snacks ahead of time might be a helpful strategy.

8

If you tend to be too rigid around what and how much you eat, it can be helpful to avoid planning ahead, measuring portions, weighing yourself, or tracking calories.

9

Focus on how you want to feel after eating. Tapping into mindfulness this way allows our body's inherent wisdom to guide us over rigid or fear-driven rules.

10

View and treat your body as your most loyal friend. Honor it. When you feel you've made a mistake, don't panic or shame yourself; such steps are part of healthy behavior change.