

Overcome Overeating *for good*

Become a Mindful Eater

- Begin with your shopping list
- Thinking ahead of what you might eat each day
- Come to the table with an appetite, but not when ravenously hungry
- Start with a small portion
- Appreciate your food
- Bring all your senses to the meal
- Take small bites
- Chew thoroughly
- Eat slowly

Recognize Physical vs. Emotional Hunger

Physical

- Comes on gradual and can be postponed
- Open to all different foods
- Stops eating when full
- Realizes eating is necessary

Emotional

- Comes on suddenly and urgent
- Usually specific cravings
- Eats more than normal till uncomfortably full
- Feels guilty

***Do the
Broccoli
Test!**



**"Am I SO hungry right now that
I would eat raw broccoli?"**



if YES

if NO

You are Physically Hungry.
Go ahead and eat.

You are just Emotionally
Hungry, and you are NOT
actually hungry for food.