



Dr. Olivia Greenspan ND



## Mindful Eating Checklist

This handy checklist gives you an easy way to make sure you are really hungry and that you are fully appreciating your meal.

- Am I sitting?  
\_\_\_\_\_
- Am I eating fast or slow?  
\_\_\_\_\_
- Am I munching or noticing each bite?  
\_\_\_\_\_
- Have I asked "How hungry am I"? on a scale 1-10  
\_\_\_\_\_
- Am I multitasking or focused on my meal?  
\_\_\_\_\_
- Do I have a rumbling stomach? Am I stressed, bored, anxious, etc...

*"Mindful eating is a way to become reacquainted with the guidance of our internal nutritionist."* Jan Chozen Bays

Referenced from - <https://positivepsychology.com/mindful-eating-exercises/>