



From **mindless** to **mindful** eating

Food = reward, punishment

Food = nourishment

Label foods as good or bad

Approach choices without
judgment

Eat when not hungry or
ignore body's needs

Recognize (and tend to) body's
cues for physical hunger

Eating fast, on-the-go

Connect with food: breath,
attention, chewing fully

Eating while distracted

Focused on meals without
distractions/electronics

Disconnection with where
food comes from

Respect for food origins

Eating beyond 80 or even 100% full

Recognize satiety's cues

Guilt and shame after eating

Gratitude for nourishment

Eating in private

Comfortable eating with others