Mindful Dietary Habits

- **DO NOT** advance to next stage until designated time
- Listen to what your bodily cues, learn to stop just before the first sign of fullness
- Use smaller plates and utensils
- Eat slower - spend 20-30 minutes on meals
  - Cut food into small bite size pieces
  - Chew to liquid consistency
  - Set utensils down between bite
- Fluids between meals not with meals
- Limit/avoid alcoholic beverages
Mindful Dietary Habits

The Hunger Scale

1. Ravenous
2. Hungry
3. Pangs
4. Neutral
5. Satisfied
6. Full
7. Stuffed
8. Sick