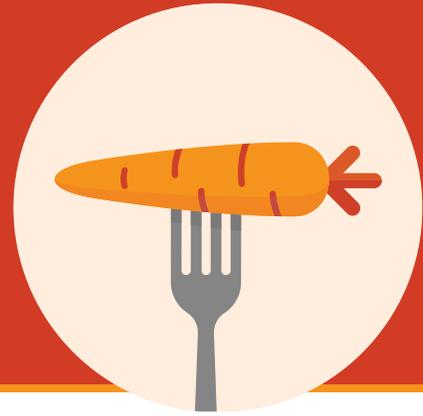


The Break Room

A wellness webinar series with Premise Health

Mindful eating exercise



Next time you sit down for a meal, try this exercise to start eating more mindfully.

- Before you start eating, evaluate your hunger using the hunger scale. If you're between a 3 and 7 on the scale, it's probably a good time to eat.
- Sit down at the table and remove all distractions, including the TV, your phone and anything else that may take away from bringing all your senses to your meal.
- Look at your food. What do you see? Think about the color, texture and shape.
- Pay attention to what you smell before you start eating. What do you notice?
- Close your eyes, put the food in your mouth and notice the texture and taste.
- Start to chew slowly and notice how the taste and texture change.
- Swallow, and notice how you feel.
- Savor the experience, while continuing to check in on your hunger and fullness cues, so you can stop when you feel full.



For more mindful eating and nutrition tips, talk to your Premise Health provider.

Schedule an appointment on the My Premise Health app or online at mypremisehealth.com.

Hunger scale	
1	Starving
2	Very hungry
3	Hungry
4	Slightly hungry
5	Neutral
6	Satisfied
7	Comfortably full
8	Stuffed
9	Uncomfortably full
10	Beyond full