



PREFERRED NUTRITION

The Mindful Pause

Stress and emotional overload can lead to mindless eating. One way to calm the body is to “come back to your senses.” This helps center you in the moment and connect your mind and body as whole. With practice you can use your keen awareness of sight, hearing, touch, smell and taste to refocus your attention and gain clarity.

“PAUSE” puts you in touch with all your senses.

P- Presence – Take a Deep Breath

Touch the balloon...gather air and blow.

A - Awareness – Check Into the Body

Use the hunger/fullness scale along with smell and taste to assess satisfaction.

U- Uplifting Thoughts

Use affirmation card to clear your thoughts.

S - Senses – Smell, See, Touch, Hear

Smell the teabag or touch the rock to ground you.

E - Eat – Deliciously and Mindfully

Set an intention for the meal.



HUNGER SCALE

		<i>PHYSICAL CUES</i>	<i>EMOTIONAL CUES</i>
0	Starved	Very shaky, lightheaded, headache & extreme sense of taste & smell	Extreme food focus, extreme irritability, feel tired all the time
1	Very Hungry	Stomach growling is consistent shakiness, lightheadness & very strong sense of taste and smell	Constant food thoughts, mood changes, fatigue
2	Hungry	Continual stomach growling, start of shakiness, lightheadness, strong sense of taste & smell	Your thoughts are focused on food continually
3	Slightly Hungry	Hunger sensations start, stomach growling begins, heightened sense of taste and smell	Frequent thoughts of food
4	Fleeting Hunger	First sense of hunger	First thoughts of food
5	Balanced	Not feeling hungry or full	No drive to eat
6	Feeling Food Presence	Sense the presence of food in your stomach but still not satisfied	You enjoy eating and the flavor of food
7	Satisfied	Sense the presence of food but no pressure in stomach	Feel satisfied, eating enjoyment is less
8	Full	Begin to feel some pressure in your stomach	Eating isn't physically based
9	Very Full	Pressure in your stomach becomes uncomfortable feel lethargic, bloated	Don't want to move, sleepy
10	Satisfied	Stomach pressure is painful, feel very lethargic, extreme bloating	Extremely full, over-stuffed want to restrict all movement, very sleepy