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NUTRITION & EATING PSYCHOLOGY

REWIRE YOUR FOOD BRAIN

Mindful Eating Quiz

Underline which of these statements apply to you:

I stop eating when I'm full/satisfied

I often eat until I'm stuffed

I eat when I'm actually hungry

I eat because "it's lunch time" or because I'm tired or stressed

I don't tend to pick at food

My meals and snacks aren't defined

I taste each bite before reaching for the next

I inhale my food

I think about how nourishing food is for my body

I don't pay much attention to what I'm eating

I'm non-judgmental of myself when I accidentally overeat or eat unhealthily

I chastise or punish myself when I accidentally overeat or eat unhealthily

I avoid multitasking while I eat

I often do something else whilst eating e.g. watch TV or on the computer

I'm able to leave some food on my plate if I don't want it

I always clear my plate

I eat slowly, chewing each bite

I rush my meals and rarely chew properly

I recognize when I slip into mindless eating and I stop

I often 'zone out' and find myself popping food into my mouth without thinking



Am I Eating Mindfully?

If you underlined more statements on the right hand side than the left then it's likely that you're not paying full attention. What's ONE thing you can start doing that will help you eat more mindfully?
