

MINDFUL SNACKING IS...

a behavioral approach that focuses on eating with intention and attention. It is:



RELEVANT

More and more people use mindfulness for well-being and to balance their lifestyle



VERSATILE

Mindful eating can be practiced by anyone, anywhere, and by all ages



EFFECTIVE

Research clearly shows multiple benefits of mindful eating and the evidence continues to build

EASY STEPS TO EXPERIENCE MINDFUL SNACKING

Several mindful eating protocols have been developed by clinical researchers, including three key components:

1



FOCUS ON YOUR BODY'S INTERNAL CUES AND WHY YOU WANT TO SNACK

- ✓ Check your hunger level before snacking
- ✓ Be aware of emotional and external cues that can trigger snacking – such as social settings, convenience, and time of day
- ✓ Tune in to your snack preferences at the present moment

2



PORTION YOUR SNACK AND PAY ATTENTION TO THE SNACKING MOMENT

- ✓ Portion out the amount you choose to eat
- ✓ Reduce distractions such as your phone or the TV
- ✓ Focus your awareness on the snacking experience, and pay attention to each bite or sip

3



USE YOUR SENSES TO SAVOR SNACK FOODS

- ✓ Focus on the smells, tastes, textures, shapes, and colors of foods to enjoy the snacking experience
- ✓ Slow down the pace of eating and check to see if you are full and satisfied

MINDFUL SNACKING BENEFITS

Emerging science tells us eating mindfully leads to:

- ▶ A positive relationship with food by making deliberate and conscious food choices¹
- ▶ More pleasure and satisfaction by savoring with all the senses²
- ▶ Better management of food portions and less likely to overeat by paying attention to hunger and fullness feeling³



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Source 1: Alberts *et al.*, 2012 ; Katterman *et al.*, 2014 ; Hendrickson *et al.*, 2017 ; Camillieri *et al.*, 2015 ; Gravel *et al.*, 2014.

Source 2: Hong *et al.*, 2014 ; Arch *et al.*, 2016 ; Cornil & Chandon, 2015 ; Hetherington *et al.*, 2018.

Source 3: Oldham-Cooper *et al.*, 2011 ; Higgs *et al.*, 2011 ; Mittal *et al.*, 2011 ; Robinson *et al.*, 2014 ; Daubenmier *et al.*, 2016. Full references available on the electronic version at health-pro.snackmindful.com



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