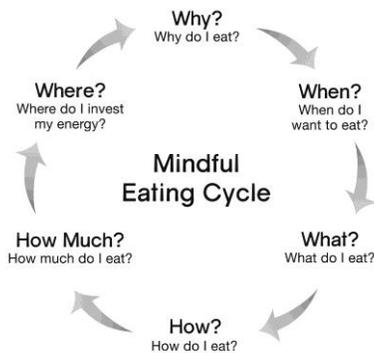


Using the Mindful Eating Cycle for Diabetes Self-Management

By Michelle May, M.D.

You can only change what you're aware of. Use the Mindful Eating Cycle to ask questions and become more mindful about your decisions.



From *Eat What You Love, Love What You Eat with Diabetes*

Why? Why do I eat?

- Why do I think I eat? Fuel, nutrition, pleasure, fear?
- What are my target blood sugar levels?
- Am I aware of situations or emotions that trigger me to want to eat when I'm *not* hungry? Examples: Stress, boredom, socializing, certain people or times, events...

When? When do I want to eat?

- How can I tell if I'm hungry?
- Can I identify hypoglycemia?
- How can I redirect my attention if I'm *not* hungry?
- What can I do to cope better with my emotional triggers

for eating? Examples:
Manage stress better, tell someone how I really feel, find a hobby, treat myself to a hot bath...

What? What do I eat?

- Does my diet reflect balance, variety, and moderation?
- How many carbs do I typically eat at each snack or meal?
- How do my food choices affect my blood glucose, cholesterol, blood pressure, and other health issues?
- Are there changes that I want to make in my diet right now?
- How do my emotions affect what I want to eat?
- Do I restrict myself from certain foods then later overeat those foods and feel guilty?
- What foods will I keep on hand to eat when I'm hungry?

How? How do I eat?

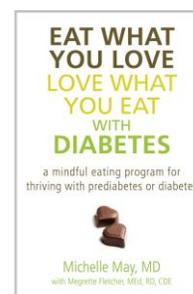
- Do I eat while distracted? Do I eat while watching TV, driving, reading, working, talking ...
- Do I eat fast? Do I really taste my food? Do I notice fullness?
- Do I eat differently in private than I do in public? Do I sneak eat? Why?

How Much? How much do I eat?

- Do I like how I feel when I'm done eating?
- Do I usually clean my plate, no matter how much is on it?
- What situations or emotions trigger me to overeat?
- How could I address those triggers better? Examples: Order less, share, leave the table, turn the TV off...

Where? Where do I invest my energy?

- Am I active? Do I exercise? What do I enjoy doing?
- Do I have too much "screen time" (TV or computer)?
- What else do I do with my energy? Hobbies, games, learn new things, volunteer, travel, spend time with friends, pray, meditate...
- Is there anything else I'd like to do with my energy that I'm not doing now? What are my hopes, goals, and dreams?



Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes

<http://amihungry.com/programs/mindful-eating-for-diabetes>