

## Mindful Eating Cycle\* Worksheet

You can only change what you're aware of—so get curious! Ask questions to become more mindful about your decisions.

### Why? Why do I eat?

- Why do I think I eat? Fuel, nutrition, pleasure, fear?
- Am I aware of situations or emotions that trigger me to want to eat when I'm *not* hungry? (Mealtimes, stress, boredom...)

### When? When do I feel like eating?

- 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? (Manage stress, find a hobby, take 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 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 give-in, 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? Watching TV, reading, working...
- 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?

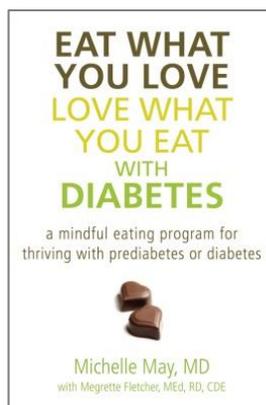
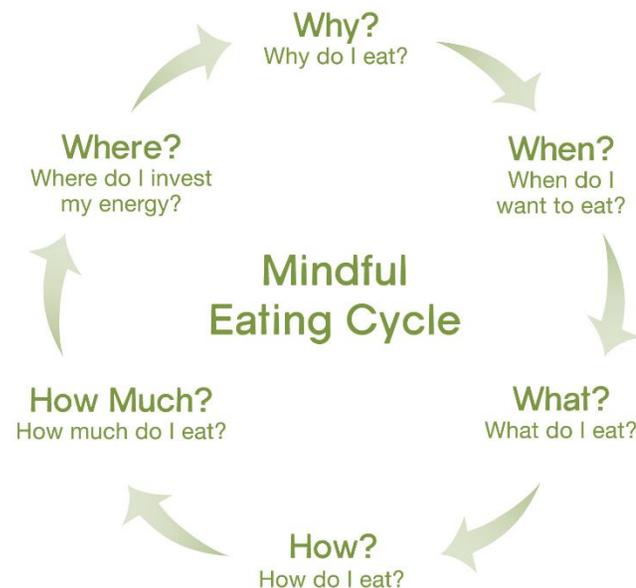
### How Much? How much do I eat?

- 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?
- What could I do to address those triggers more effectively?  
Examples: Order less, share, leave the table, turn TV off...

### Where? Where do I invest the fuel I eat?

- 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...
- 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?

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



[www.DiabetesAndMindfulEating.com](http://www.DiabetesAndMindfulEating.com)

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