Katas Integrative Health

Mindful versus Mindless Eating



mindless

Acknowledge food as nourishment



Use food as reward, punishment, or tool

Approach food preferences and selection without judgement



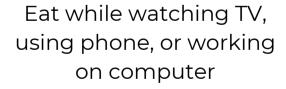
Label foods as "good" or "bad" and restrict choices

Recognize physical hunger cues

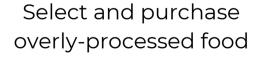


Wait until you're starving before eating or eating when not hungry

Connect with food while eating by disconnecting electronics



Select and prepare food considering its origin



Honor fullness cues and stop eating once satisfied

Ignore fullness cues and continue eating until stuffed

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