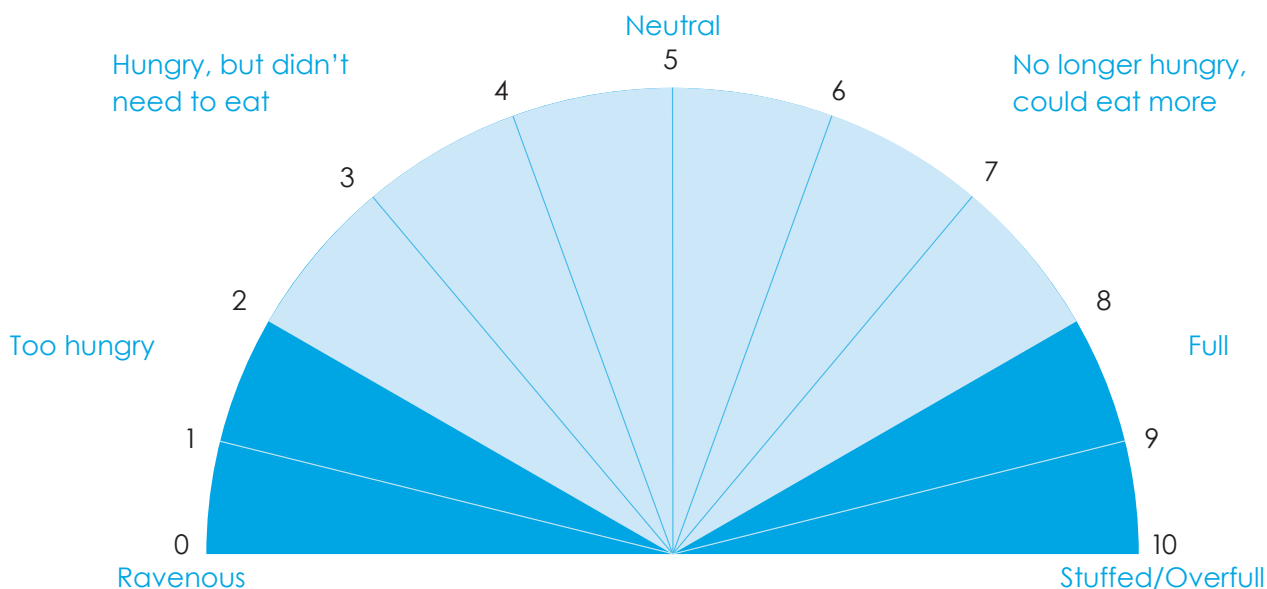


## Stress Less with Mindfulness

### Mindful Hunger/Fullness Gauge

#### What's Your Zone for Eating?



This tool helps you become more mindful of your body sensations of hunger and fullness. Being more mindful can help you enjoy eating, have a happier relationship with food, and help you move toward a healthy weight and better health. Enjoy using your senses to savor your food.

#### Here's how to use it:

- Take two minutes to practice mindful breathing with your eyes closed. As you follow your breath in and out, notice sensations in your belly.
  - Become aware of feeling hungry or full.
  - Notice sensations and signals from your body of physical "stomach hunger."
- Are there thoughts or images that come into your mind as you focus on the question "Am I hungry?"
- Now, open your eyes and draw arrows on the Hunger Gauge to show:
  - Where you are now on this gauge?
  - At what point you would **need to stop eating** (to avoid becoming too full)?
  - At what point you would **need to eat** to avoid becoming too hungry and risking binging? (Between these two numbers is your Neutral Zone.)
  - What have you learned from this activity?

Adapted from A New You, University of Wyoming Extension Service. [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)

Stress Less with Mindfulness is a program of West Virginia University Extension Service Families and Health Programs

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# MINDFUL EATING

## MOTIVATION

**M**

### **Mindfulness:**

You only have control over the choices you make right now. Don't dwell on the past or worry about the future. Ask yourself, what can I do to improve this moment, to act more mindful now. Take mindful bites.

**O**

### **Outcome vs. Process**

Focus only on what you can do today, not the daunting final future goal. Get the ball rolling with actions that "get you ready" to make changes (laying out your workout clothing, cutting up vegetables).

**T**

### **Transform Habits**

Focus on making new healthy habits to crowd out the old ones. (ex. Adding more vegetables to your diet is easier than struggling to stop eating French Fries).

**I**

### **Intrinsic Motivation**

Use better bribes and incentives. Instead of a gift that will come and go, notice when you get internal perks (feeling successful, proud, calm, in charge).

**V**

### **Visualize Your Goals**

Close your eyes and envision what it would look like if you were eating in the way you wish. Rewire your brain to respond with walking through it yourself first in your mind.

**A**

### **Announce Your Intentions**

Telling people what you intend to do helps you to be accountable and more likely to take action according to research.

**T**

### **Talk Kindly**

Start using uplifting, positive, compassionate words and shut down the inner critic. You can do it. I will. It's okay. Keep going.

**I**

### **Invest in Support**

Join with a friend. Connecting with a friend double your chances of continuing. Walk and talk. Check in. Compare notes. Be open to feedback.

**O**

### **Own Your Fears**

Identify what stands in the way. Focus on removing or coping with emotional and physical obstacles (ex. Make a more mindful environment, get rid of foods you overeat).

**N**

### **Now Benefits**

Ask yourself what you gain right now from making a healthier choice (avoiding regret/guilt, feeling in control) vs. what you might gain in the future (5 lbs in 2 month)



# 20 Motivational Quotes to Remind You to Believe In Yourself!

1. Success is the sum of small efforts, repeated day-in and day-out. ~Robert Collier
2. Opportunities don't happen, you create them. ~Chris Grosser
3. I have not failed. I've just found 10,000 ways that won't work. ~Thomas A. Edison
4. When you stop chasing the wrong things you give the right things a chance to catch you. ~Lolly Daskal
5. Don't be afraid to give up the good to go for the great. ~John D. Rockefeller
6. There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed. ~Ray Goforth
7. I find that the harder I work, the more luck I seem to have. ~Thomas Jefferson
8. All progress takes place outside the comfort zone. ~Michael John Bobak
9. Courage is resistance to fear, mastery of fear - not absence of fear. ~Mark Twain
10. People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily. ~Zig Ziglar
11. Success is liking yourself, liking what you do, and liking how you do it. ~Maya Angelou
12. People who succeed have momentum. The more they succeed, the more they want to succeed, and the more they find a way to succeed. Similarly, when someone is failing, the tendency is to get on a downward spiral that can even become a self-fulfilling prophecy. ~Tony Robbins
13. If you genuinely want something, don't wait for it -- teach yourself to be impatient. ~Gurbaksh Chahal
14. The number one reason people fail in life is because they listen to their friends, family, and neighbors. ~Napoleon Hill
15. Success does not consist in never making mistakes but in never making the same one a second time. ~George Bernard Shaw
16. You must expect great things of yourself before you can do them. ~Michael Jordan
17. Motivation is what gets you started. Habit is what keeps you going. ~Jim Ryun
18. Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice. ~Wayne Dyer
19. To accomplish great things, we must not only act, but also dream, not only plan, but also believe. ~ Anatole France
20. You may have to fight a battle more than once to win it. ~Margaret Thatcher

## Portion Distortion Quiz

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You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. Larger portion sizes can lead to bigger waistlines and weight gain.

Take the Portion Distortion Quiz below to see if you know how today's portions compare to the portions available 20 years ago, and about the amount of physical activity required to burn off the extra calories provided by today's portions. The answers are provided below.

1. A **bagel** 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
  - a. ☐ 150 calories
  - b. ☐ 250 calories
  - c. ☐ 350 calories
  
2. A **cheeseburger** 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?
  - a. ☐ 590 calories
  - b. ☐ 620 calories
  - c. ☐ 700 calories
  
3. A 6.5-ounce portion of **soda** had 85 calories 20 years ago. How many calories do you think are in today's portion?
  - a. ☐ 200 calories
  - b. ☐ 250 calories
  - c. ☐ 300 calories
  
4. 2.4 ounces of **french fries** of 20 years ago had 210 calories. How many calories do you think are in today's portion?
  - a. ☐ 590 calories
  - b. ☐ 610 calories
  - c. ☐ 650 calories
  
5. A portion of **spaghetti and meatballs** 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?
  - a. ☐ 600 calories
  - b. ☐ 800 calories

- c. ☐ 1,025 calories
6. A cup of **coffee** with milk and sugar 20 years ago was 8 ounces and had 45 calories. How many calories do you think are in today's mocha coffee?
- a. ☐ 100 calories  
b. ☐ 350 calories  
c. ☐ 450 calories
7. A **muffin** 20 years ago was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?
- a. ☐ 320 calories  
b. ☐ 400 calories  
c. ☐ 500 calories
8. Two slices of **pepperoni pizza** 20 years ago had 500 calories. How many calories do you think are in today's large pizza slices?
- a. ☐ 850 calories  
b. ☐ 1,000 calories  
c. ☐ 1,200 calories
9. A **chicken Caesar salad** had 390 calories 20 years ago. How many calories do you think are in today's chicken Caesar salad?
- a. ☐ 520 calories  
b. ☐ 650 calories  
c. ☐ 790 calories
10. A box of **popcorn** had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?
- a. ☐ 520 calories  
b. ☐ 630 calories  
c. ☐ 820 calories

Thank you for taking the Portion Distortion quiz. We hope it was fun and insightful. We also hope that next time you eat out, you will think twice about the food portions offered to you.

## Answers

1. c: 350 calories for a 6 inch bagel. If you rake leaves for 50 minutes you'll burn the extra 210 calories.\*
2. a. 590 calories. You'll need to lift weights for 1 hour and 30 minutes, to burn the extra approximately 257 calories.\*
3. b. 250 calories for a 20-ounce soda. If you work in the garden for 35 minutes you will burn the extra 165 calories.\*\*
4. b. 610 calories for a 6.9-ounce portion of french fries. If you walk leisurely for 1 hour and 10 minutes, you will burn the extra 400 calories.\*\*
5. c. 1,025 calories for a portion consisting of 2 cups of pasta with sauce and 3 large meatballs. If you houseclean for 2 hours and 35 minutes, you will burn approximately 525 calories.\*
6. b. 350 calories for a 16-ounce cup of coffee. If you walk approximately 1 hour and 20 minutes, you will burn the extra 305 calories\*
7. c. 500 calories for a 5-ounce muffin. If you vacuum for approximately 1 hour and 30 minutes you will burn the extra 310 calories\*
8. a. 850 calories for 2 large slices of pizza. If you play golf (while walking and carrying your clubs) for 1 hour, you will burn the extra 350 calories\*\*
9. c. 790 calories for a 3 cup portion. If you walk the dog for 1 hour and 20 minutes, you will burn the extra 400 calories.\*\*
10. b. 630 calories for a tub of popcorn. If you do water aerobics for 1 hour and 15 minutes, you will burn the extra 360 calories.\*\*

\* Based on a 130-pound person

\*\* Based on a 160-pound person



### WV SLM Lesson 2 Eating References

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### WV SLM Lesson 2 Eating Links to Videos and Resources

- Three-Minute Mindfulness Meditation, Susan J. O’Grady, Ph.D., [www.ogradyswellbeing.com](http://www.ogradyswellbeing.com)  
<http://yhoo.it/1F0G5sL>
- My Plate Mindful Eating for participants to explore. Available at <http://bit.ly/1F0H0cu>.
- The Principles of Mindful Eating handout is available for reproduction and distribution for educational purposes only at <http://bit.ly/1MpP3lP>.

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