



Mindful-Intuitive Eating Reminder

Five principles of mindful eating

- Freedom to eat all foods (judgement-free pleasure).
- Being present when eating (and undistracted).
- Honouring hunger and fullness (as signs to start and stop eating).
- Awareness and transcendence of non-hungry cues (e.g., emotional, social, environmental, mental, habitual).
- Having food-body congruence (eating in a way your body likes).

