

Ditch the Diet Mentality – Q&A

- **Q: Can you talk a little about being a clean plate club member and how it relates to mindful eating?**
- A: The principles of mindful eating state that you don't let any empty plate, bowl, or bag tell you that you're done eating. Instead you let your hunger and fullness cues tell you when to eat and when to stop eating. Thinking about the hunger scale from 1 to 10, you'd want to try to eat until you're a 6 or 7. The mindful eating principles say that if it takes a plate or more of food to get you to a 6 or 7, that's ok...but more often when you stop at a 6 or 7 you'll be leaving some food on your plate, which will help you cut down on your calorie intake and help with weight control.

- **Q: What other Mindful Eating books do you recommended?**
- A: So, one I really like is called Intuitive Eating. It's by Tribole and Resch. It's all about mindful eating and it's written by 2 dietitians, so you can trust the information to be sound nutrition information.

- **Q: Are there any other cool mindful eating strategies we can try on for size?**
- A: Let's see. So one last mindful eating strategy you could try would be to, like in a football game, take a half time during your meal to check in with your hunger level using the hunger scale to see how much more food you need to eat to get the rest of the way to a 6 or 7.