Week 5 Handout

Mindful Eating Questionnaire

Question	N/A	Never/ Rarely	Sometimes	Often	Usually/ Always
1. I eat so quickly that I don't taste what I'm eating.		☐	☐	☐	☐
2. When I eat at "all you can eat" buffets, I tend to overeat.	☐ I don't eat at buffets.	☐	☐	☐	☐
3. At a party where there is a lot of good food, I notice when it makes me want to eat more food than I should.		☐	☐	☐	☐
4. I recognize when food advertisements make me want to eat.	☐ Food ads never make me want to eat.	☐	☐	☐	☐
5. When a restaurant portion is too large, I stop eating when I'm full.		☐	☐	☐	☐
6. My thoughts tend to wander while I am eating.		☐	☐	☐	☐
7. When I'm eating one of my favorite foods, I don't recognize when I've had enough.		☐	☐	☐	☐
8. I notice when just going into a movie theater makes me want to eat candy or popcorn.	☐ I never eat candy or popcorn.	☐	☐	☐	☐
9. If it doesn't cost much more, I get the larger size food or drink regardless of how hungry I feel.		☐	☐	☐	☐
10. I notice when there are subtle flavors in the foods I eat.		☐	☐	☐	☐
11. I there are leftovers that I like, I take a second helping even though I'm full.		☐	☐	☐	☐
12. When eating a pleasant meal, I notice if it makes me feel relaxed.		☐	☐	☐	☐
13. I snack without noticing that I am eating.		☐	☐	☐	☐
14. When I eat a big meal, I notice if it makes me feel heavy or sluggish.		☐	☐	☐	☐

Mindful Eating Questionnaire (Page 2)

Question	N/A	Never/ Rarely	Sometimes	Often	Usually/ Always
15. I stop eating when I'm full…even when eating something I love.		☐	☐	☐	☐
16. I appreciate the way my food looks on my plate.		☐	☐	☐	☐
17. When I'm feeling stressed at work, I'll go find something to eat.	☐ I don't work.	☐	☐	☐	☐
18. If there's good food at a party, I'll continue eating even after I'm full.		☐	☐	☐	☐
19. When I'm sad, I eat to feel better.		☐	☐	☐	☐
20. I notice when foods and drinks are too sweet.		☐	☐	☐	☐
21. Before I eat I take a moment to appreciate the colors and smells of my food.		☐	☐	☐	☐
22. I taste every bite of food that I eat.	☐ I never eat when I'm not hungry.	☐	☐	☐	☐
23. I recognize when I'm eating and not hungry.		☐	☐	☐	☐
24. I notice when I'm eating from a dish of candy just because it's there.		☐	☐	☐	☐
25. When I'm at a restaurant, I can tell when the portion I've been served is too large for me.		☐	☐	☐	☐
26. I notice when the food I eat affects my emotional state.		☐	☐	☐	☐
27. I have trouble not eating ice cream, cookies, or chips if they're around the house.		☐	☐	☐	☐
28. I think about things I need to do while I am eating.		☐	☐	☐	☐

Adapted from shared resources at Fred Hutchinson Cancer Center (http://sharedresources.fhcrc.org/). Based on Framson C, Kristal AR, Schenk JM, Littman AJ, Zeliadt S, Benitez D. Development and validation of the Mindful Eating Questionnaire. *J Am Diet Assoc.* 2009;109:1439-1444.

Scoring the Mindful Eating Questionnaire

Category	Question #	Response Value	
Awareness—being aware of how food looks, tastes and smells	10		
	12		
	16		
	21		
	20		
	22		
	26		Awareness
	# Answered	Total	Score
Distraction—focusing on other things while eating	1		
	6		
	28		Distraction
	# Answered	Total	Score
Disinhibition—eating even when full	2		
	5		
	7		
	9		
	11		
	15		
	18		
	25		**Disinhibition**
	# Answered	Total	Score
Emotional Response—eating in response to sadness or stress	13		
	17†		
	19		
	27		**Emotional Response**
	# Answered	Total	Score
External Cues—eating in response to environmental cues, such as advertising	3		
	4†		
	8†		
	14		
	23†		
	24		**Emotional Cues**
	# Answered	Total	Score

Higher scores on the mindful eating questionnaire overall—and on each of the categories—has been associated with a lower body mass index (BMI), which suggests that mindful eating may play an important role in long-term weight maintenance.

Look at your responses to questions 1-28 and match each question to its appropriate category.

- Assign each response a corresponding point value (see below).
- Total those points and divide by the number of questions answered† to calculate the individual category score.
- Add category scores together and divide by 5 to get your overall score.

Questions in a white shaded box at left.	Never/Rarely	4 pts.
	Sometimes	3 pts.
	Often	2 pts.
	Usually/Always	1 pt.
	N/A	0 pts.†
Questions in a gray shaded box at left.	Never/Rarely	1 pt.
	Sometimes	2 pts.
	Often	3 pts.
	Usually/Always	4 pts.
	N/A	0 pts.†

† Do not count N/A questions when totaling the number of questions answered within each category.

Total Score	

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Week 5 Handout

Top 5 Tips for Eating with Awareness

by Deanna Minich, PhD, CN

> *We are indeed much more than what we eat, but what we eat can nevertheless to be much more than what we are.* Adelle Davis

Taking time for the eating experience can help us reduce cravings, control portion sizes, and enhance our interconnectedness with the flow of people, animals, and nature that contributed to the food on our plate. Here are some tips to enhance your eating experience to make it deeper and more healing:

1. **Eat in a setting where you feel relaxed.** If you are eating in the car, in front of a computer doing work, or on the phone, you are not able to give full attention to eating, and, as a result, you may tend to eat more or eat foods that are not healing. If you are feeling emotional and are tending towards eating, see if you can first acknowledge and express your emotions rather than eating them. These practices will all help with the digestive process—helping you get the most out of food.

2. **Eat a palette of colors.** Many people eat a "brown, yellow, and white" diet. Instead of lackluster, bland eating, try to sample all the colors of food, including red, orange, yellow, green, and purple, to ensure that you get enough of the important phytochemicals that have health benefits.
   - *Red:* Red apples, beets, red cabbage, cherries, cranberries, pink grapefruit, red grapes, red peppers, pomegranates, red potatoes, radishes, raspberries, rhubarb, strawberries, tomatoes, watermelon
   - *Orange:* Apricots, butternut squash, cantaloupe, carrots, mangoes, nectarines, oranges, papayas, peaches, persimmons, pumpkin, tangerines
   - *Yellow-Green:* Green apples, artichokes, asparagus, avocados, green beans, broccoli, Brussels sprouts, green cabbage, cucumbers, green grapes, honeydew melon, kiwi, lettuce, lemons, limes, green onions, peas, green pepper, spinach, zucchini
   - *Blue-Purple:* Purple kale, purple cabbage, purple potatoes, eggplant, purple grapes, blueberries, blackberries, boysenberries, marionberries, raisins, figs, plums

3. **Eat with others.** Eating is a communal event, a social occasion. The act of sharing food with others can be enriching for everyone involved and may help you with focusing on the people than on the amount of food eaten.

4. **Sample a variety of flavors.** When we don't eat all of the variety of flavors at a meal—salty, sweet, bitter, pungent, and savory—we may come away from the meal feeling like we are "missing something," and ultimately, food cravings can result. By getting small amounts of all the flavors of food, a practice common in other cultures such as in Asia, we may feel more fulfilled and desire less food after a meal.

5. **Chew thoroughly.** The process of digestion begins in the mouth where enzymes are secreted in saliva to break down food. If we do not properly chew and make our food morsels smaller, we may be subject to indigestion and other digestive problems. The act of eating allows us to be mindful, and in the moment, of our exchange of energy with foods.