

An illustration on a dark green background featuring various food items and hands. In the top left, there are green leafy vegetables. In the top right, a hand holds a knife over a small bowl of green soup with two leaves. In the center, the text 'Mindful Eating' is written in large, white, rounded letters. Below the text, a hand holds a spoon over a plate of salad with cucumbers, tomatoes, and hard-boiled eggs. To the right of the text, there are two broccoli florets. In the bottom right, a hand holds a fork over a plate of food including broccoli, a fried item, and orange slices. A yellow banner at the bottom contains the text 'Eating with awareness to live healthy'.

Mindful Eating

Eating with awareness to live healthy

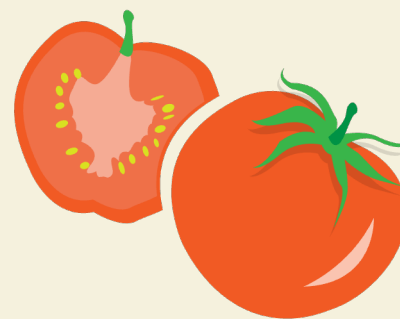
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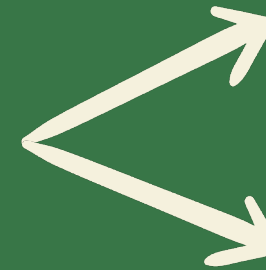
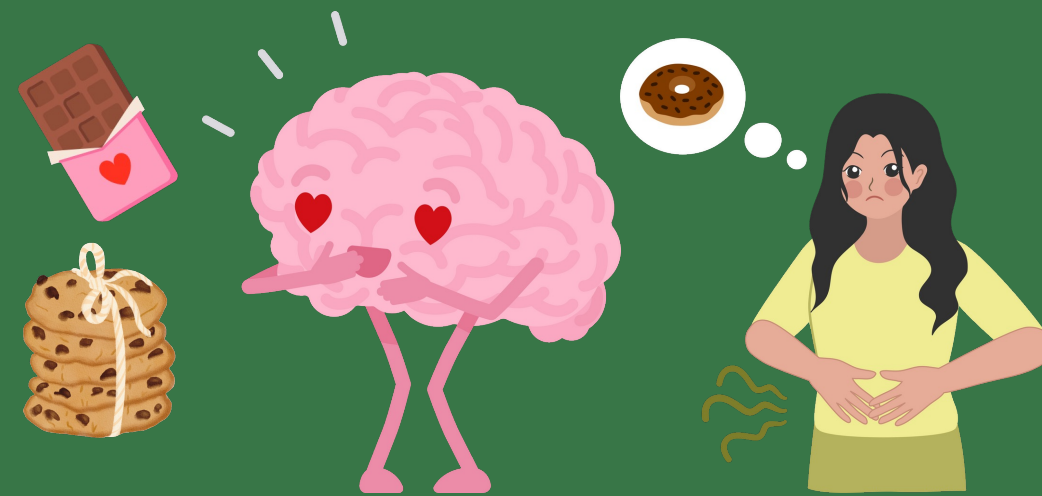


What is Stress Eating?

Psychological threat = cortisol
(stress hormone)

Cortisol activates reward pathways in
the brain and we feel cravings

Fat accumulation



↑ Insulin and Leptin





Release your
emotions

Mindfulness

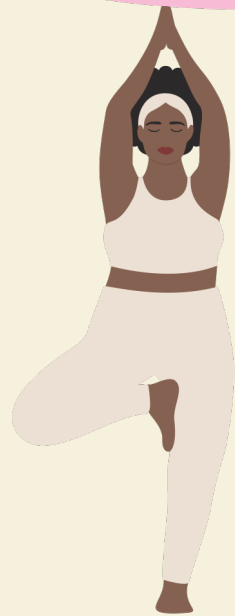


Gratitude



**Break the cycle by
expanding your tool
kit to manage stress**

Movement



Self-
expresion



Nature





MINDFUL EATING

Stress blunts our feelings, and our ability to read our body signals which can result in us overdrinking and overeating.

Mindful eating helps us tune into our body, reduces our cravings and helps us feel more positive.

Mindful eating is the practice of cultivating an open-minded awareness toward our eating behaviors and the ways in which the foods we choose to consume affect our minds and bodies.



The Hunger Scale



High risk of over eating

Best chances to engage in mindful eating



Tips for mindful eating

Eliminate distractions while eating

Eat slower and focus on every bite

Do not rush your meals take a proper break to eat

Focus on how eating makes you feel

Check in on your satiety after each bite and stop when feeling full





What's the deal with sugar?

- ✿ Natural sugars in foods like fruit come with fiber and other nutrients that help our body metabolize the fruit's sugar content
- ✿ Added sugars enhance taste in foods and beverages but often lack fiber and nutritional value. Approximately 75% of packaged foods contain added sugars.
- ✿ Added sugars have a direct impact in our body, metabolism and overall health

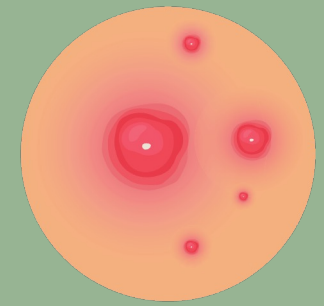


Too much added sugar impacts well-being

Spike and energy
crashes



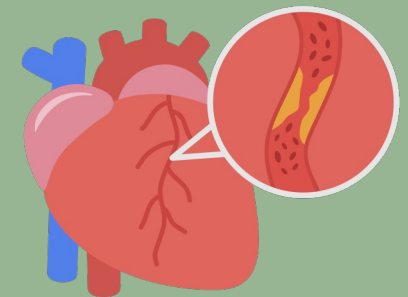
Acne



Cavities



Heart disease



Weight gain



Liver disease



Type 2 diabetes





Tips to reduce liquid sugar

Try low or no sugar replacements

Consider diluting your drinks in sparkling water

Choose naturally occurring sugars

Read the label for names of added sugar

