

Healthy Mindful Check-in

Mindful eating can help you:

- Recognize when you are hungry, satisfied, or comfortably full
- Slow down and reduce distracted or automatic eating
- Enjoy your food more
- Become more aware of eating habits and patterns
- Build a more positive and balanced relationship with food

The goal is not to eat perfectly—it is to become more aware and present during the eating experience.

Mindful Check-In:

- ✓ Am I physically hungry?
- ✓ What do I really need in this moment?
- ✓ I am “checked out” while eating...wonder why?
- ✓ What is the nourishing choice for my brain or body?
- ✓ What would I like and enjoy?
- ✓ How would food help me right now?
- ✓ Am I mindfully munching or grazing?
- ✓ Could I be bored and I am eating?

Curiosity not
Judgement

awareness

lovingkindness

self-care

Healthy
You
Nutrition



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