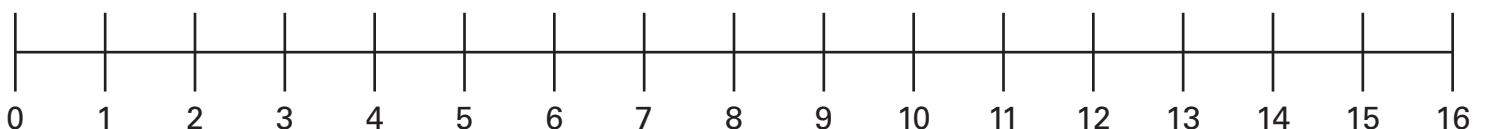


# Mindful Eating Quiz

Take this quiz to self-evaluate your mindfulness as it relates to food. Calculate your score to find your spot on the mindfulness scale and notice what areas you might work on to move closer to a 16!

- YES  NO Before I eat, I take a moment to appreciate colors and smells of food.
- YES  NO I notice when the food I eat affects my emotional state.
- YES  NO I taste every bite of food I eat.
- YES  NO When eating a pleasant meal, I notice if it makes me feel relaxed.
- YES  NO I appreciate the way my food looks on my plate.
- YES  NO I notice subtle flavors in the foods I eat.
- YES  NO I recognize when I am eating and not hungry.
- YES  NO I notice when foods and drinks are too sweet.
- YES  NO I recognize when food advertisements make me want to eat.
- YES  NO When I eat a big meal, I notice if it makes me feel heavy or sluggish.
- YES  NO I notice when I am eating from a dish of candy just because it is there.
- YES  NO At a party with a lot of good food, I notice when it makes me want to eat more than I should.
- YES  NO If there is good food at a party, I will continue eating even after I am full.
- YES  NO If there are leftovers that I like, I take a second helping even though I am full.
- YES  NO When I eat at all you can eat buffets, I tend to overeat.
- YES  NO If it does not cost much more, I get the larger size food or drink regardless of how hungry I feel.
- YES  NO I snack without noticing that I am eating.

Give yourself one point for every **BLUE** box that is marked to calculate your mindfulness score. Where does your score fall on the scale? Revisit the **RED** boxes and build intentional strategies to help you curb mindless eating.



Less mindful

More mindful