

# Live Mindfully

Living mindfully means paying attention to the events, activities, and thoughts that make up our daily lives. It means doing things on purpose, not just going through the motions of how we have always done things.

Be mindful of your eating, sleeping, and physical activity to live mindfully.

**MINDLESS  
EATING**



**MINDFUL  
EATING**

**MINDFUL EATING** is the practice of thinking about:

**What  
should  
I eat?**

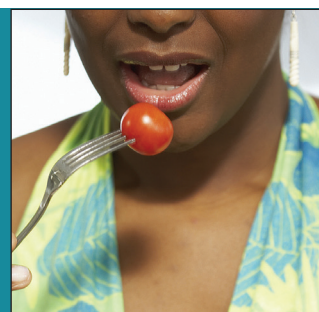
**How much  
should  
I eat?**

**How  
should  
I eat?**

**Why  
do  
I eat?**

## SIMPLE STEPS FOR MINDFUL EATING:

- Remove distractions.
- Don't eat while driving or working at your desk.
- Eat sitting down.
- Eat slowly.
- Enjoy your food.
- Assess your hunger.
- Try to make each meal last at least 20 minutes.



## Assess your hunger before, during, and after you eat.

- 1 Weak and light-headed:** Your stomach is churning.
- 2 Very hungry:** You are irritable and cannot concentrate.
- 3 Hungry:** Your stomach is growling.
- 4 Slightly hungry:** You begin to feel the signs of hunger.
- 5 Neutral:** You could eat but are not hungry.
- 6 Satisfied:** You are perfectly comfortable.
- 7 Full:** You are a little uncomfortable.
- 8 Stuffed:** You are uncomfortably full.
- 9 Bloating:** You need to loosen clothing.
- 10 You are so full you may be sick.**

When you eat at home, you are in control.



Use smaller plates and glasses.



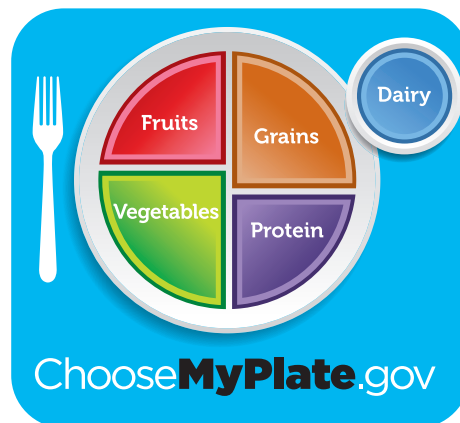
### Portion out snacks.

- Put a reasonable amount of food into a bowl or container and leave the rest of the package in the pantry.
- Package snacks in small bags for portion-controlled snacking.

## MyPlate can be a visual for meal times.

Be mindful of what is on your plate.

Make half your plate fruits and vegetables.



### Fruits



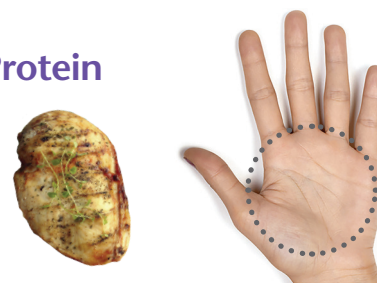
### Vegetables



### Grains



### Protein



# MyPlate Pizzas

Here are three heathy pizzas that are great for a quick meal or snack.



## OPTION 1

### Ingredients

- Half of a whole grain English muffin or bagel
- 1 tablespoon of spaghetti sauce
- 1 tablespoon of low-fat mozzarella cheese
- 1 tablespoon of pineapple or diced vegetables

### Directions

1. Spread spaghetti sauce on English muffin.
2. Sprinkle cheese.
3. Top with pineapple or vegetables.
4. Toast or microwave until cheese is melted.

### NUTRITION FACTS

Calories 270  
Carbohydrates 28g  
Fiber 3g  
Protein 16g  
Fat 11g  
Sodium 490mg



### Ingredients

- Half of a whole grain English muffin or bagel
- 1 tablespoon of peanut butter
- 1 tablespoon fresh fruit

### Directions

1. Spread peanut butter on English muffin.
2. Top with fruit.

### NUTRITION FACTS

Calories 158  
Carbohydrates 15g  
Fiber 2g  
Protein 7g  
Fat 9g  
Sodium 165mg

## OPTION 2

## OPTION 3

### Ingredients

- Half of a whole grain English muffin or bagel
- 1 tablespoon of low-fat plain or Greek yogurt
- 1 tablespoon fresh fruit

### Directions

1. Spread yogurt on English muffin.
2. Top with fruit.

### NUTRITION FACTS

Calories 67  
Carbohydrates 12g  
Fiber 2g  
Protein 3g  
Fat 1g  
Sodium 120mg



## REFLECT AND CELEBRATE

How did you do with your Week 2 Step?

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**Take Control SMART GOAL** (the goal you set Week 1)

Choose one or develop one of your own: By the end of the program...

I will increase my fruit and vegetable intake to \_\_\_\_\_ times for \_\_\_\_\_ days a week.

I will be active for \_\_\_\_\_ minutes for \_\_\_\_\_ days a week.

I will increase the cups of water I drink to \_\_\_\_\_ cups/day.

I will: \_\_\_\_\_

What is my motivation? Why will I do this?

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## PLAN AND TAKE ACTION

My SMART Step for Week 3 to work towards my goal:

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What are some obstacles to achieving my Week 3 step?

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What are some solutions to overcoming the obstacles?

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Who can support me?

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What did I learn today?

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## TRACK

Check off days that I achieved my Week 3 step:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday

