

Conscious Eating Guidelines

1. Be conscious of your hunger. Eat when moderately hungry; don't wait until you are famished.
2. Eat regularly. Do not skip meals, and if possible, don't go over four hours without eating.
3. Allow yourself to eat all foods (unless you are allergic or have some other serious health issue).
4. Eat what you want, while also being conscious of how foods make you feel, what you have already eaten, and relevant health issues. (for example, candy may not be a good conscious choice if you have diabetes or if you haven't eaten any protein all day).
5. All calories are equivalent when it comes to weight (that is, a calorie is a calorie).
6. For meals, eat a balance of protein, fat, and carbohydrates. Your body needs all of these to function properly and efficiently. Deprivation of foods or nutrients leads to physical and psychological problems and can actually trigger eating disorder behaviors.
7. Stay conscious of your fullness and your satisfaction. You can eat a lot and not be satisfied. Texture and taste of food is important so your body registers the experience of being comfortably full. The goal is to feel full and satisfied, but not physically uncomfortable in any way.
8. If you overeat (which is normal to do sometimes), reassure yourself that your body can handle the excess food if you simply get back on track. It is OK to wait until you are hungry before you eat again, but don't wait too long.
9. Enjoy food and the pleasure of eating. At times, enhance your eating to dining, using candles, nice dishes and flowers on the table.
10. Make conscious choices to avoid foods that make you feel physically bad after eating them.

YOU CAN RECOVER!

Guidelines taken from the book, 8 Keys to Recovery From an Eating Disorder by Carolyn Costin and Gwen Grabb