

# Savor



## The Hunger Fullness Scale

Listen to your body's cues while eating. Tune into your senses and learn your body's signals for satisfaction. For this week, practice using the Hunger Fullness Scale for at least one meal per day. Use the scale below to rate your hunger and fullness levels when sitting down for a meal. Record your numbers before your meal, halfway through your meal, and after your meal. The "fullness signal" has a delay reaching your brain; keep this in mind when checking in on the scale to prevent overeating.

### Ravenous

You are starving and need food as soon as possible to reenergize.

1

### Hungry

You feel your stomach growling, empty, or not quite satisfied.

2

### Satisfied

You feel comfortable and content.

3

### Full

You feel the food in your stomach and are slightly uncomfortable.

4

### Stuffed

You feel sick, uncomfortable, regretful, and possibly sleepy and sluggish.

5

### Tracking

Day	1	2	3	4	5	6	7
Before Meal							
During Meal							
After Meal							

Reflection: Did you notice your body's signals? What did you learn this week?

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## The Mindless Margin

Overeating by a few hundred calories each day can really add up and result in weight gain over time. We often don't take notice of these extra calories. They may come from trying our food as we cook or eating more than we realize because we were distracted by a phone conversation, a tv show or a work project. They may even come from our beverages, like the extra large soda instead of our regular medium or an additional glass of wine in the evening. These extra calories, or the "mindless margin," is our topic of focus this week.

First, brainstorm times when you find yourself eating mindlessly using the space provided below. Then, download and print this [handout](#), which contains "trigger cards." Cut out the cards and place a card at each of the locations where you find yourself eating mindlessly (ex: next to your computer, at your coffee table, in your pantry next to your snack items, etc.) Use your cards as a reminder to eat more mindfully in those situations. Track your successes in cutting out your mindless margin using the chart below.

### Part I: Identify the times/locations that you eat mindlessly

At home:

At work:

On the weekends:

While out and about:

### Part II: Print, cut and post your trigger cards in the locations identified above

### Part III: Use your chart below to track your successes in eating more mindfully in the situations listed in part I

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Did your trigger cards help remind you to remain mindful when eating?							

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## Cultivating Gratitude

This week, focus on gratitude toward food: how much is available, where it comes from, and how it got to your plate. Below are some ideas on how you can practice gratitude this holiday season. Aim to incorporate one activity from the list below (or a related activity of your own) this week.

### Gratitude Through Service & Community

- Volunteer at a local food bank to understand how food reaches the less fortunate. Take this opportunity to appreciate how easy it is for most of us to get food.
- Help someone you know who needs an extra hand preparing meals. Maybe they are without transportation, don't have the dexterity to use a knife, or are a single parent strapped for time.
- Plan a potluck with friends. Appreciate the variety of dishes and the time and love that went in to each one. Enjoy the food, the conversation and the company!
- Find out if your church or local schools need help with bake sales, food drives or catering events. This is a great way to get connected with your community. Did you know there is a food pantry on campus for employees and students (anyone with a UF ID)? Consider donating food or money to this cause.

### Gratitude Through Education & Action

- Head to your local farmers market, and stop to talk to farmers about what they do. Learn how your food was grown and appreciate the work and time that went in to producing it.
- Plant your own garden outside or in pots on your porch. Appreciate the small harvests and use them to prepare an extra special dish with your friends or family.
- Make cooking an experience. Appreciate the ingredients you are preparing. Take in the smells and sounds of your food cooking. Pause to appreciate the people you will be sharing your meal with. When eating, slow down to enjoy your food and your time together.
- Beware of food waste. Living in the land of plenty often makes us immune to how little others have. Aim to reduce your food waste by getting creative with recipes and being intentional with the food you purchase.
- Need some inspiration? Check out this [article](#) for ideas on how to practice gratitude every time you eat.

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## Eat with Intention & Attention

Do you eat quickly without really tasting what you're eating? Do you eat too fast to determine if you're hungry or not? Do you eat while doing other things? How often do you feel stuffed when you're done eating? Many of us claim that we "love food" but we don't eat in a way that supports this.

This week, eat with intention (be purposeful when you eat) and attention (devote your full attention to eating) to truly appreciate your food. Use the chart below during one meal each day this week to track your intention and attention.

Write "yes" or "no" next to each behavior for one meal each day this week.							
Day	1	2	3	4	5	6	7
<b>Intention</b>							
Ate when I was truly hungry							
Ate to meet my body's needs							
Ate with the goal of feeling better when I was finished							
<b>Attention</b>							
Eliminated or minimized distractions							
Tuned in to the ambience, flavors, smells, temperature and texture of food							
Listened to body's cues of hunger and fullness							