

THE MEDITERRANEAN DIET
LIFESTYLE MASTERY COURSE

ESSENCE OF MINDFUL EATING

**DISTINGUISHING PHYSICAL
HUNGER FROM EMOTIONAL
CRAVINGS**

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MINDSETS: RESTRICTIVE VS BALANCED

**RESTRICTIVE: AVOIDANCE
AND RULES. BALANCED:
MODERATION**

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CREATING A MINDFUL EATING ENVIRONMENT

**ELIMINATE DISTRACTIONS, FOCUS ON
THE FOOD, CHEW SLOWLY, AND
APPRECIATE EACH FLAVOR AND TEXTURE**

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INTRINSIC MOTIVATION FOR HEALTHY EATING

**FOCUS ON BENEFITS LIKE
INCREASED ENERGY,
BETTER SLEEP, IMPROVED
MOOD, AGING GRACEFULLY**

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DIFFERENTIATING HUNGER TYPES

**PHYSICAL HUNGER
(GRADUAL), EMOTIONAL
HUNGER (SUDDEN AND
SPECIFIC)**

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MINDFUL CHEWING TECHNIQUES

**CHEW EACH BITE THOROUGHLY,
FOCUS ON TEXTURE AND
FLAVOR**

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EATING WITH GRATITUDE

**PRACTICE GRATITUDE BEFORE
MEALS, REFLECTING ON THE
JOURNEY OF THE FOOD AND
APPRECIATING ASPECTS OF
HEALTH AND LIFE**

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TUNING INTO HUNGER AND FULLNESS CUES

**EAT ONLY WHEN TRULY HUNGRY AND
STOP EATING WHEN COMFORTABLY
SATISFIED, BASED ON INTERNAL
SIGNALS OF FULLNESS**

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