

Mindful Eating Questionnaire

The questions in this assessment look at both your awareness of how food affects your senses and your ability to recognise when you're hungry and full.

	Never/ Rarely	Sometimes	Often	Usually/ Always
Before I eat I take a moment to appreciate colors and smells of food.	0	1	2	3
I notice when the food I eat affects my emotional state.	0	1	2	3
I taste every bite of food I eat.	0	1	2	3
When eating a pleasant meal, I notice if it makes me feel relaxed.	0	1	2	3
I appreciate the way my food looks on my plate.	0	1	2	3
I notice subtle flavors in the foods I eat.	0	1	2	3
I recognize when I am eating and not hungry.	0	1	2	3
I notice when foods and drinks are too sweet.	0	1	2	3
I recognize when food advertisements make me want to eat.	0	1	2	3
When I eat a big meal, I notice if it makes me feel heavy or sluggish.	0	1	2	3
I notice when I am eating from a dish of candy just because it is there.	0	1	2	3
If there is good food at a party, I will continue eating even after I am full.	3	2	1	0
If there are leftovers that I like, I take a second helping even though I am full.	3	2	1	0
When I eat at all you can eat buffets, I tend to overeat.	3	2	1	0
I stop eating when I am full even when eating something I love.	0	1	2	3
When a restaurant portion is too large, I stop eating when I am full.	0	1	2	3
When I am eating one of my favourite foods, I do not recognize when I have had enough.	3	2	1	0
At a party with a lot of good food, I notice when it makes me want to eat more than I should.	0	1	2	3
If it does not cost much more, I get the larger size food or drink regardless of how hungry I feel.	3	2	1	0
I snack without noticing that I am eating.	3	2	1	0

Tally your score: _____

Let's bring some mindfulness to mealtimes.

Score interpretation:

Top marks!
You've mastered mindful eating.

0

60

If your score is towards the lower end, rest assured you're not alone!

Dieting culture and our multitasking ways have influenced how many of us eat. Practicing mindful techniques, including the exercise on page 112, is a great place to start. After implementing the exercise at least 3 times per week for eight weeks, repeat the questionnaire so that you can monitor your progress.

Developed by C. Clementi, G. Casu and P. Gremigni, 2017.