

Discover Mindful Eating

A Resource of Handouts for Health Professionals

By Megrette Hammond, M.Ed., RD, CDE, LD and Frederick Burggraf, M.Ed.

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Waking up and paying attention—true attention—to eating is crucial to attaining a genuine balance and harmony with food. Beyond diets, beyond counting calories and food allowances, there is a fundamental and essential discipline that develops authentic skills of eating, setting boundaries, self-regulating and dealing with food in the present moment.

This remarkable, groundbreaking collection of 51 reproducible handouts will guide you and your clients through the vast and largely unexplored realm of mindfully approaching food. Here, you will learn about how to be mindful in all aspects of food and eating: Before the Meal (including food preparation and approaching any meal or snack), During the Meal, (including the fine art of pausing and paying attention to food bite by bite), and After the Meal (including self-monitoring for hunger and awareness of between-meal changes and events).

Each handout has a matching page of suggestions for use that includes Comments to Consider, Talking Points, Related Handouts, and a place for your own observations.

Discover Mindful Eating was written and developed by Frederick Burggraf, author of The CAMP System (www.MindfulEating.org) and Megrette Hammond, a dietitian as well as co-founder and director of The Center for Mindful Eating (www.tcme.org), a non-profit organization to help professionals implement mindful eating into new and existing programs. Thoroughly tested and reviewed by a wide spectrum of professionals, *Discover Mindful Eating* will be an invaluable and useful addition to your resource library.

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