

## MINDFUL EATING QUESTIONNAIRE

Question	Never/Rarely	Sometimes	Often	Usually / Always
1. I eat so quickly that I don't taste what I'm eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When I eat at "all you can eat" buffets, I tend to overeat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<i>I don't eat at buffets</i>			
3. At a party where there is a lot of good food, I notice when it makes me want to eat more food than I should.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I recognize when food advertisements make me want to eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<i>Food ads never make me want to eat.</i>			
5. When a restaurant portion is too large, I stop eating when I'm full.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My thoughts tend to wander while I am eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When I'm eating one of my favorite foods, I don't recognize when I've had enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I notice when just going into a movie theater makes me want to eat candy or popcorn.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<i>I never eat candy or popcorn.</i>			
9. If it doesn't cost much more, I get the larger size food or drink regardless of how hungry I feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I notice when there are subtle flavors in the foods I eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. If there are leftovers that I like, I take a second helping even though I'm full.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. When eating a pleasant meal, I notice if it makes me feel relaxed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I snack without noticing that I am eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. When I eat a big meal, I notice if it makes me feel heavy or sluggish.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Question		Never/Rarely	Sometimes	Often	Usually / Always
15. I stop eating when I'm full even when eating something I love.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I appreciate the way my food looks on my plate.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. When I'm feeling stressed at work, I'll go find something to eat.	<input type="checkbox"/> <i>I don't work</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. If there's good food at a party, I'll continue eating even after I'm full.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. When I'm sad, I eat to feel better.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I notice when foods and drinks are too sweet.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Before I eat I take a moment to appreciate the colors and smells of my food.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I taste every bite of food that I eat.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I recognize when I'm eating and not hungry.	<input type="checkbox"/> <i>I never eat when I'm not hungry.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I notice when I'm eating from a dish of candy just because it's there.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. When I'm at a restaurant, I can tell when the portion I've been served is too large for me.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I notice when the food I eat affects my emotional state.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I have trouble not eating ice cream, cookies, or chips if they're around the house.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I think about things I need to do while I am eating.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING MINDFUL EATING QUESTIONNAIRE

	<u>QUESTION</u>	<u>RESPONSE</u>	
<u>Awareness</u>	10	_____	
	12	_____	
	16	_____	
	21	_____	
	20	_____	
	22	_____	
	26	_____	
	Total	_____	<b>score = sum ÷ number of items answered</b>
<u>Distraction</u>	1*	_____	
	6*	_____	
	28*	_____	
	Total	_____	<b>score = sum ÷ number of items answered</b>
<u>Disinhibition</u>	2*	_____	
	5	_____	
	7*	_____	
	9*	_____	
	11*	_____	
	15	_____	
	18*	_____	
	25	_____	
Total	_____	<b>score = sum ÷ number of items answered</b>	
<u>Emotional</u>	13*	_____	
	17*#	_____	
	19*	_____	
	27*	_____	
	Total	_____	<b>score = sum ÷ number of items answered</b>
<u>External</u>	3	_____	
	4#	_____	
	8#	_____	
	14	_____	
	23#	_____	
	24	_____	
Total	_____	<b>score = sum ÷ number of items answered</b>	

**Summary Score = sum of subscale scores average of each subscale scores ÷ 5**

**\*Reverse before scoring: (1=4, 2=3, 3=2, 4=1)**

**#Do not count in numerator or denominator if the “not applicable” option is selected**

Reference: Framson C, Kristal AR, Schenk JM, Littman AJ, Zeliadt S, Benitez D. Development and validation of the Mindful Eating Questionnaire. J Am Diet Assoc 2009;109:1439-1444.