

30 Affirmations for Mindful (Healthy) Eating

- ❖ Today I will eat well, so I can feel well.
- ❖ Cooking healthy meals is an act of love for myself and those I cook for.
- ❖ I love my body and I nourish it every day.
- ❖ Food is essential to everything I do so I set aside time to eat well.
- ❖ I enjoy all kinds of food without guilt.
- ❖ I reject society's shaming of food for myself and for those around me.
- ❖ I eat only what I need, and I stop before I feel full or uncomfortable.
- ❖ Finding new ways to eat healthfully is empowering and puts me in control.
- ❖ The healthier I eat, the better I feel.
- ❖ I ignore false messages of hunger and eat only when necessary.
- ❖ I am aware of what I eat, how I eat and when I eat.
- ❖ Eating and emotional comfort are separate.
- ❖ I mindfully choose foods that give my body what it needs vs. what it wants.
- ❖ I feel better when I eat better.
- ❖ I eat exactly the right amount of food for my body's needs.
- ❖ I eat slowly and mindfully.
- ❖ I eat slowly and savor every bite.
- ❖ I eat healthy to energize my mind and my body
- ❖ I eat to live, not live to eat.
- ❖ Food is not the enemy, it is nurturing.
- ❖ I only eat when I am hungry.
- ❖ I ensure that my body receives all the vitamins and nutrients it needs.
- ❖ I enjoy eating a balanced diet.
- ❖ I drink plenty of water to stay healthy and hydrated.
- ❖ Eating healthy is easy and fun.
- ❖ I enjoy eating healthy foods.
- ❖ I am focused on providing good food to my body.
- ❖ Nutrition is very important to my quality of life.
- ❖ My good health is the reward for the nourishing foods I eat.
- ❖ I am in control of my eating habits.