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# Mindful

EATING & WELLNESS WORKBOOK

"Release the guilt and learn to listen to your body as you eat."



A Guide To Mindful Nutrition Coaching

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WELLNESS AND EATING COACH



Welcome to **“Feed Your Mind”**- Where you will learn to reconnect your mind with your nutrition in a more conscious and guilt-free!.

Welcome to this space created to accompany you on your journey to reconnecting with food and with yourself.

This guide is born from my experience as a dietitian-nutritionist in Colombia and as an immigrant woman in Colorado, United States, where I went through a process of disconnection and loss of identity that led me to transform my life. Along that path, I found freedom from food guilt and specialized as a Mindful Eating & Wellness Coach, creating a conscious method to heal the relationship with food.

Today, I want to support you through that very same process: freeing yourself from guilt, transforming your habits, and building a more conscious and kind relationship with yourself.

This is the beginning of your transformation.

*Myriam Lozano*

WELLNESS AND EATING COACH



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MODULO 1 : BODY AWARENESS & THE HUNGER SCALE

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**Before changing what you eat...  
you need to listen to who you are  
when you eat.**

Your body speaks every day. The problem is not that it is silent — it is that we learned to ignore it. This module is not about control. It is about reconnection. Today, you begin to reclaim something powerful: your ability to feel yourself.



## Objective

To recognize body signals and learn to differentiate types of hunger in order to eat with greater awareness.

## Scientific Foundation

This module is grounded in mindful eating and the mind-body connection.

Recent U.S.-based research shows that:



Body awareness improves  
self-regulation in eating.

Identifying internal cues  
reduces emotional eating.

Hunger awareness  
scales support more balanced  
decisions.

**Studies from 2021–2025 further  
highlight that mindful eating:**

Reduces emotional eating.

Improves relationship with food.

Increases satiety awareness.

References: PubMed &  
Journal of Nutrition Education  
and Behavior.



## SECTION 1

# Types of Hunger

Not all hunger comes from the stomach. Learning to recognize where your hunger originates is the foundation of conscious eating.

## **Physical Hunger**

A real need for energy and nutrients. Builds gradually and can be satisfied with a variety of foods.

## **Emotional Hunger**

Arises from emotions such as stress, sadness, or anxiety. Feels urgent and tends to crave specific comfort foods.

## **Mental Hunger**

Driven by thoughts or beliefs about food. Common patterns include: "I should eat" or "I shouldn't eat."

## **Sensory Hunger**

Triggered by external cues — seeing, smelling, or thinking about food activates the desire to eat.

## **Social Hunger**

Influenced by environment: gatherings, cultural norms, and social habits can prompt eating independent of physical need.

## SECTION 2

# The Hunger Scale

Learning to eat mindfully starts with knowing where you are on this 1–10 scale before, during, and after meals.

*Goal: begin eating at 3–4 and stop at 6–7.*



## High Risk - Low Energy

- 1 Extreme Hunger**  
Irritable, no energy, weak, dizzy.
- 2 Very Hungry**  
Empty stomach, hard to focus.

## Transition Zone

- 3 Moderate Hunger**  
Starting to feel hunger — can still wait.
- 4 Light Hunger**  
Clear signal from the body that it is time to eat.

## Ideal Zone

- 5 Neutral**  
Neither hungry nor full — balanced sensation.
- 6 Satisfied**  
Stable energy, comfortable, sense of well-being.
- 7 Full**  
Full, but still comfortable.

# High Risk - Overeating

- 6** **Very Full**  
Heavy, mild discomfort.
- 7** **Very Uncomfortable**  
Heavy stomach.
- 8** **Overeating**  
Pain, fatigue, overly full.

## ESCALA DEL HAMBRE HUNGER SCALE

Aprender a escuchar tu cuerpo es el primer paso hacia una relación saludable con la comida.



Learning to listen to your body is the first step toward a healthy relationship with food.

NIVEL	¿QUÉ SIGNIFICA?	WHAT DOES IT MEAN?	RANGO DE RIESGO RISK RANGE
<b>1</b>	HAMBRE EXTREMA	Irritable, sin energía, muy débil, mareada.	RIESGO ALTO para la energía, humor y decisiones alimentarias. HIGH RISK for your energy, mood and eating decisions.
<b>2</b>	HAMBRE MUY FUERTE	Estómago vacío, dificultad para concentrarte.	
<b>3</b>	HAMBRE MODERADA	Empiezas a sentir hambre, pero aún puedes esperar.	
<b>4</b>	HAMBRE LIGERA (ideal para comer)	Hambre presente y momento ideal para comer.	RANGO IDEAL para comer con conciencia. IDEAL RANGE to eat mindfully.
<b>5</b>	SATISFACCIÓN NEUTRA	Ni hambre ni llena, sensación equilibrada.	
<b>6</b>	SATISFECHA (Cómodamente llena)	Satisfacción, energía estable, bienestar.	
<b>7</b>	LLENA	Llenura, pero aún cómoda.	RIESGO ALTO de malestar físico y digestión pesada. HIGH RISK for discomfort and digestive issues.
<b>8</b>	MUY LLENA	Pesadez, incomodidad leve.	
<b>9</b>	MUY INCÓMODA	Muy incómoda, sensación de estómago pesado.	
<b>10</b>	EXCESO / MALESTAR	Dolor, cansancio, sensación de exceso.	

## SECTION 3 ---

# Body Signals

Your body is always giving you information. Learning to recognize these signals is the first step toward balance.

**Stomach emptiness**

**Irritability**

**Specific cravings**

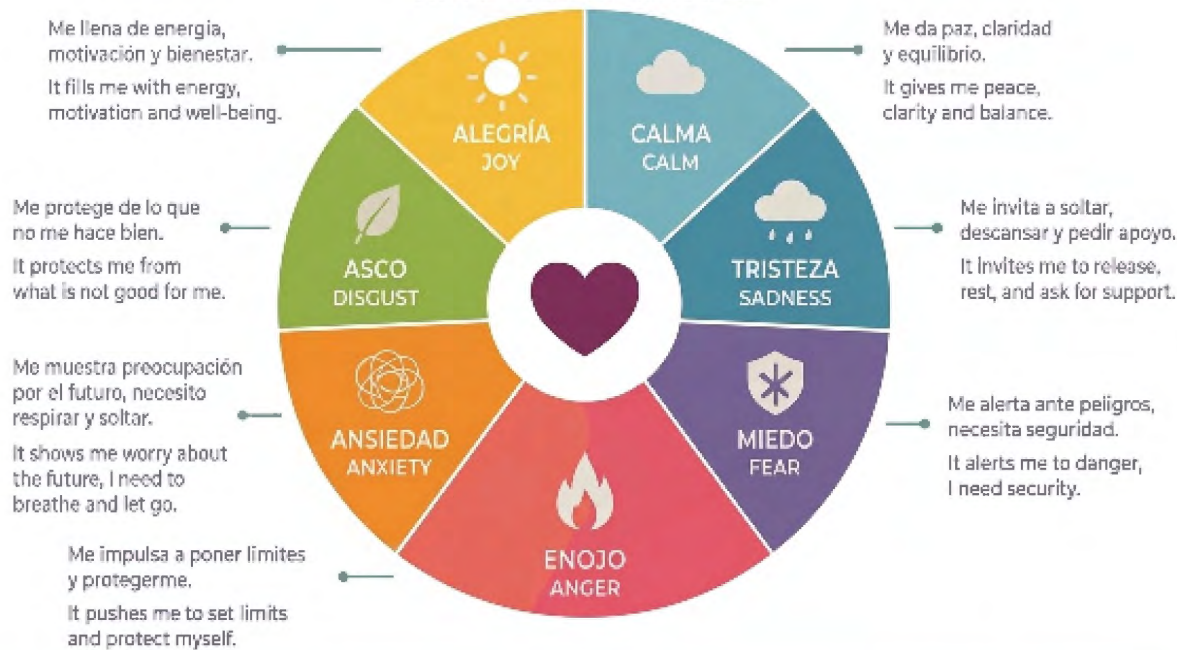
**Energy changes**

**Fullness sensation**



# CÍRCULO DE EMOCIONES

## EMOTIONS CIRCLE



🌿 Todas las emociones son válidas, lo importante es aprender a reconocerlas y gestionarlas.



All emotions are valid, the important thing is to recognize and manage them.

## SECTION 4

# The Emotions Wheel

All emotions are valid.  
The important thing is to learn to recognize and manage them. Understanding your emotional state helps you identify whether your hunger is physical or emotional.

## **Joy**

Energy, motivation, happiness.  
Function: expand and connect.

## **Calm**

Peace, clarity, balance.  
Function: regulate and stabilize.

## **Sadness**

Need to release and rest. Function:  
process losses and ask for support.

## **Fear**

Alert, need for safety. Function:  
protect yourself.

## **Anger**

Boundaries, protection. Function:  
defend yourself and set limits.

## **Anxiety**

Worry, anticipation. Function: prepare yourself.

## **Disgust**

Rejection, protection. Function: move away from what is harmful.

**“ Recognizing what you feel transforms the way you eat.”**



**ACTIVITY 1** \_\_\_\_\_

## **Hunger Awareness Journal**

**Before eating, ask yourself:**

What is my hunger level  
right now (1–10)?

Is this physical hunger or emo-  
tional hunger?

What am I feeling in this  
moment?

**After eating, reflect:**

How do I feel now?

Am I satisfied or full?



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## ACTIVITY 2

# Mindful Pause

Before eating, take a 1-minute pause. Breathe slowly and observe your body without judgment. Notice where you land on the Hunger Scale.



## **A Note to Remember**

You don't need to eat perfectly... you need to start listening to yourself.

In the next module, we will continue building on this foundation as you deepen your understanding of the relationship between emotions, thoughts, and the food choices you make every day.

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