

Mindful Eating Questionnaire

Name:

Date:

Question	N/A	Sometimes	Never/Rarely	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"/>
2. When I eat at "all you can eat" buffets, I tend to overeat.	<input type="checkbox"/> I don't eat at buffets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
4. I recognize when food advertisements make me want to eat.	<input type="checkbox"/> Food ads never make me want to eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When a restaurant portion is too large, I stop eating when I'm full.		<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"/>
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"/>
8. I notice when just going into a movie theater makes me want to eat candy or popcorn.	<input type="checkbox"/> I never eat candy or popcorn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
10. I notice when there are subtle flavors in the foods I eat.		<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"/>
12. When eating a pleasant meal, I notice if it makes me feel relaxed.		<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"/>
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"/>
15. I stop eating when I'm full...even when eating something I love.		<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"/>
17. When I'm feeling stressed at work, I'll go find something to eat.	<input type="checkbox"/> I don't work	<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"/>
19. When I'm sad, I eat to feel better.		<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"/>

Question	N/A	Sometimes	Never/Rarely	Usually/Always
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"/>
22. I taste every bite of food that I eat.	<input type="checkbox"/> I never eat when I'm not hungry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I recognize when I'm eating and not hungry.		<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"/>
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"/>
26. I notice when the food I eat affects my emotional state.		<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"/>
28. I think about things I need to do while I am eating.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring on the next page

Scoring the Mindful Eating Questionnaire

Category	Question #	Response Value	
Awareness— being aware of how food looks, tastes and smells	10		Awareness
	12		
	16		
	21		
	20		
	22		
	26		
	#Answered	Total	
Distraction— focusing on other things while eating	1		Distraction
	6		
	28		
	#Answered	Total	
Disinhibition— eating even when full	2		Disinhibition
	5		
	7		
	9		
	11		
	15		
	18		
	25		
	#Answered	Total	Score
Emotional Response— eating in response to sadness or stress	13		Emotional Response
	17 *		
	19		
	27		
	#Answered	Total	

Scoring the Mindful Eating Questionnaire

Category	Question #	Response Value
External Cues— eating in response to environmental cues, such as advertising	3	
	4 *	
	8 *	
	14	
	23 *	
	24	
	#Answered	Total

Emotional Cues

Total Score	
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Higher scores on the mindful eating questionnaire overall—and on each of the categories—has been associated with a lower body mass index (BMI), which suggests that mindful eating may play an important role in long-term weight maintenance.

Look at your responses to questions 1-28 and match each question to its appropriate category.

- Assign each response a corresponding point value (see below).
- Total those points and divide by the number of questions answered * to calculate the individual category score.
- Add category scores together and divide by 5 to get your overall score.

Questions in a white shaded box at left.	Never/Rarely	4 pts.
	Sometimes	3 pts.
	Often	2 pts.
	Usually/Always	1 pt.
	N/A	0 pts. *
Questions in a gray shaded box at left.	Never/Rarely	1 pt.
	Sometimes	2 pts.
	Often	3 pts.
	Usually/Always	4 pts.
	N/A	0 pts. *

* Do not count N/A questions when totaling the number of questions answered within each category.