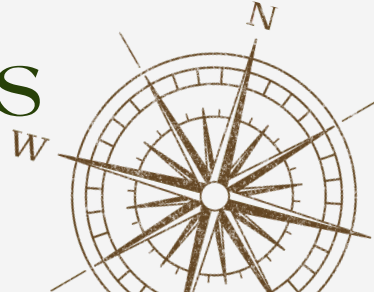


The Mindful Eating Compass

Why willpower fails — and awareness wins

Caterina Bosio | Biologist & Nutrition Coach



Welcome,

I'm Caterina — biologist, nutrition coach, and someone who learned to eat long before she learned to study.

I grew up in the hills of Bergamo, in northern Italy, where my family tended the land and ate with the seasons. There was no calorie counting, no guilt, no rules — just a quiet, instinctive relationship with food that I didn't fully appreciate until much later.

My path led through a degree in Biology, a Master's in Biodiversity Research, and a second Master's in Human Nutrition. It also led through yoga, breathwork, trail running, climbing, and freediving — all of which taught me what it truly means to listen to your body.

What I found, across all of it, was the same truth: *the body already knows*. Our job is to stop overriding it.

That's what this guide is about.



The Real Problem Isn't Your Willpower

We've been taught that eating well is a matter of discipline. That if you just had more self-control, you wouldn't reach for the chocolate or go back for seconds.

I want to be direct with you: that story is not true — and it's causing real harm.

Willpower is a finite resource. By the end of a stressful day, it's gone. If your entire strategy for eating well depends on it, you're not failing because you're weak. You're failing because the approach was never designed to work long-term.

This is where mindful eating changes everything.

Mindful eating is not a diet. It has no forbidden foods, no points, no phases. It is a *skill* — specifically, the skill of learning to tell the difference between physical hunger (your body genuinely needing fuel) and emotional hunger (stress, boredom, exhaustion, loneliness).

When you develop that skill, something remarkable happens. Eating becomes easier, not harder. You naturally find the right portions. You stop fighting cravings and start understanding them. You enjoy meals again, rather than inhaling them in front of a screen and wondering where they went.



The Compass — Your Hunger & Fullness Scale

To eat mindfully, you need an internal metric. Not an app. Just a simple, honest check-in with yourself.

Level	What it feels like
0	Ravenous, dizzy, irritable — you'll eat anything in sight
1	Very hungry, stomach growling, energy dropping
2	Clearly hungry, food is on your mind
3	Mild hunger — this is your ideal moment to eat
4	Neutral — neither hungry nor full
5	Comfortably satisfied
6	Pleasantly full, you could have one more bite, but you don't need to
7	Comfortably full — stop here
8	Slightly overfull, a little uncomfortable
9	Stuffed, heavy, sluggish
10	Completely overfull — you feel unwell

The practice: Before your next meal, pause for five seconds and ask: "Where am I on this scale right now?"

If you're at a 1 or 2, you've waited too long — and frantic, unconscious eating is almost inevitable. If you regularly land at an 8 or 9 after meals, that's important data, not a moral failing. *Just noticing is already doing the work.*

The S.A.V.O.R. Method

To shift from eating on autopilot to eating with intention, you need a small ritual — something consistent enough to become a cue. This is what I teach every client. It takes two minutes. The effects on digestion alone (less bloating, better nutrient absorption) are noticeable within days.

S — Stop the distractions

Phone away, laptop closed, TV off. Research consistently shows that eating while distracted leads to consuming significantly more food — because your brain simply doesn't register what your body is doing.

A — Appreciate what's in front of you

Look at your food. Notice the colours, the steam, the textures. Take a breath of gratitude — for whoever grew it, prepared it, or both. This isn't just a nice idea: gratitude and appreciation actively shift your nervous system toward the calm, receptive state your digestion needs.

V — Ventilate with three breaths

Before picking up your fork, take three slow, deep belly breaths. Inhale through your nose, exhale slowly through your mouth. This activates your parasympathetic nervous system — the one that signals your stomach to release digestive enzymes and prepare to actually absorb what you eat.

O — Observe with all your senses

Take your first bite and actually taste it. Notice the temperature, the texture, the specific flavours. Most of us take four or five bites before we register anything at all. Slow down enough to be present for the first one.

R — Rest between bites

Chew thoroughly and put your fork down between mouthfuls. This isn't about eating slowly for its own sake — it's about giving your brain the time it needs (roughly 20 minutes) to receive and process your body's fullness signals. Most overeating happens in that gap.



The Curiosity Challenge

Mindful eating is a practice, not a performance. You will forget to do it. You will eat a meal on your phone without thinking. That is completely normal – and it doesn't matter.

What matters is returning to curiosity, without judgment.

Try this today: Before your next meal, take 30 seconds and ask yourself honestly – *am I physically hungry right now, or am I stressed, bored, tired, or thirsty?* Write the answer down if you can. Don't judge it. If you're eating because you're anxious, that is genuinely useful information. It tells you that food isn't really what you need in that moment – and that's the beginning of real change.

Try this tomorrow: Choose one meal – breakfast works well – and eat it in complete silence. No phone, no reading, no background noise. Just you and your food. Use the S.A.V.O.R. method. Notice how much food it actually takes to reach a 6 on the scale. Most people are surprised.

The Compass Is Yours - What Comes Next Is Personal

You now have the core tools: the hunger scale, the S.A.V.O.R. ritual, and the curiosity practice. These alone, applied consistently, can genuinely shift your relationship with food.

But consistency is exactly where most people need support.

In a 1:1 consultation, we go much deeper. We look at the specific patterns behind your cravings — nutritional, emotional, and hormonal. We identify what's actually driving the 3 pm sugar pull, or the late-night snacking, or the cycle of restriction and overindulgence. And we build something sustainable together, around your real life.

If you're ready to stop guessing and start understanding your body, I'd love to hear from you.

→ **Book a free 20-minute Clarity Call via my website or send me an email**

We'll look at where you are now, what's getting in the way, and what a personalised path forward could look like. No pressure. No generic advice. Just an honest conversation.

Looking forward to meeting you,

Caterina

