**Mindful Eating Apps and Courses**

If you're on a mindful eating program, there are numerous eating apps and courses available to help you. Eating mindfully simply means that you choose to eat with awareness instead of eating without thinking. By eating more mindfully, you can avoid overeating while also enjoying normal food.

**Headspace**

This is a website all about meditation and being mindful. They have a great mindful eating pack. It includes a mindful eating meditation series and other information and lessons to help you learn to eat more mindfully. You can also get the Headspace Diet book on Amazon.

Links:

Headspace - https://www.headspace.com/mindfulness/mindful-eating

Book - https://amzn.to/2Dv0CID

**In the Moment**

This mindful eating tracker will help you improve your body awareness. It will guide you to make better food choices by giving you options. Plus, it gives you ideas for practicing decision making and living your entire life mindfully.

Link - https://itunes.apple.com/us/app/in-the-moment-mindful-eating/id807652328?mt=8

**Am I Hungry?**

This app helps you decide if your hunger is genuine or if it’s another type of hunger, and how to deal with it. You can rate your hunger at different times so that it helps you take the time to make the right and mindful choice.

Link - https://itunes.apple.com/au/app/am-i-hungry-virtual-coach/id848417396

**The Center for Mindful Eating**

This organization has courses and other resources for anyone interested in mindful eating practices. Whether you’re an individual or a professional, you can find lots of information and courses here.

Link - https://www.thecenterformindfuleating.org/TCME-Blog/3084341

**UMass Medical School Center for Mindfulness**

This university has both online and offline events for anyone interested in mindfulness surrounding your entire life, whether it’s eating or something else.

Link - https://www.umassmed.edu/cfm/

**Mindful Eating Training**

This organization offers professional training, coaching, retreats and more for anyone interested in mindful eating, whether from a personal standpoint or from the standpoint of a professional.

Link - https://www.mindfuleatingtraining.com/professional-training

**The Mindful Project**

They have an 8-week long mindful eating course that anyone can take to help them learn more about being mindful when eating. You may have to contact them to open a new class.

Link - https://www.londonmindful.com/8-week-mindful-eating-course.html

**The Mindfulness Diet**

This site has a program where it is currently offering a free digital download of their course to build their mailing list. However, the information inside is great, and you can learn a lot just from that.

Link - http://www.mindfulnessdiet.com/

**Mindful Eating Course Udemy.com**

This course helps people get their eating under control by teaching about mindful eating. This is a good course to take and has a good number of enrolled students giving great feedback.

Link - https://www.udemy.com/mindful-eating-how-to-stop-overeating-and-enjoy-your-food/

Teaching yourself mindfulness when it comes to eating will not just help you with your health and weight, it will also help you with all aspects of your life. Because once you see the amazing benefits of eating mindfully, you’re going to want to do everything in a mindful way. It’s the best way to become more successful in life.