**Box 1.** Outline of intervention sessions and home practice for the mindful eating approach groups

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| **session** | **content** | **Exercises** | **home practice** |
| 1 | * Presentantion of the group
* Obesity: difficulty losing weight, weight regain
* Food pyramid
* Mindfulness and minful eating
* Seven skills of mindful eating
* 1st skill: Awareness
* Mindful problem solving
* Igniting mindless eating
 | * Mindfulness of the breath
* Mindless overeating habits
* Raisin exercise
* Mindful eating
* Mindful eating contract
 | * Mindfulness of the breath
* Mindful eating once a day
 |
| 2 | * Summary of the main topics covered in the previous visit
* 2nd skill: Observation
* Hunger and satiety
* Mindfulness of hunger scale
* Physical hunger x emotional hunger
* Mindfulness of nutrition
 | * Mindfulness of the breath
* Body scan
* Mindful eating cheese and crackers
* Reassess the contract
 | * Mindfulness of the breath
* Mindful eating once a day
* Mini-meditations before every meal
 |
| 3 | * Summary of the main topics covered in the previous visit
* 3rd skill: Being in the moment
* Mindfulness of feelings
* Mindful stress management techniques

   | * Mindfulness of the breath
* Multitasking mindless eater
* Mindful eating chocolate
* Reassess the contract
 | * Mindfulness of the breath
* Mindful eating once a day
* Mini-meditations before every meal
 |
| 4 | * Summary of the main topics covered in the previous visit
* 4th skill: A mindful environment
* Mindful consumer
* Minding the media
* Mindful speech x toxic table talk
 | * Mindfulness of the breath
* Mindful eating favorite food
* Loving-kindness meditation
* Reassess the contract
 | * Mindfulness of the breath
* Mindful eating once a day
* Loving-kindness meditation
 |
| 5 | * Summary of the main topics covered in the previous visit
* 5th skill: Non judgement
* Self-sabotaging thoughts
* Letting go of guilt
 | * Mindfulness of the breath
* Mindful eating fruit
* Loving-kindness meditation
* Reassess the contract
 | * Mindfulness of the breath
* Mindful eating once a day
* Loving-kindness meditation
 |
| 6 | * Summary of the main topics covered in the previous visit
* 6th skill: Letting go
* Steps to respond to urges
* Mindful support
* 7th skill: Acceptance
 | * Mindfulness of the breath
* Mindful eating choice: chips, cookies, or grapes
* Meditation on forgiveness
* Reassess the contract
 | * Mindfulness of the breath
* Mindful eating once a day
* Meditation on forgiveness
 |
| 7 | * Summary of the main topics covered in the previous visit
* Mindless eating relapse prevention
* Review: mindful eating principles
 | * Mindfulness of the breath
* Eating mindfully review
* Mindful eating: pot-luck meal
* Meditation on gratitude
 | * Keep practicing regularly: mindfulness of the breath, mindful eating, mini-meditations before every meal, loving-kindness meditation, meditation on forgiveness, and meditation on gratitude
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