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

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |