

EAT RIGHT NOW

Form eating habits you can feel good about

13+
Age Range



General Information & Features

- App-based program uses evidence-based mindfulness and behavioral psychology to address food cravings, addictions and behavior change
- Combines neuroscience and mindfulness to identify the triggers that cause stress and emotional eating patterns
- Includes interactive tools to reduce craving-related eating, and develop sustainable, positive eating habits (Craving tracker; Habit tracker)
- Teaches individuals to rewire habitual eating patterns by increasing awareness of their why, what and how eating
- Features 28 daily video modules including check-ins, guided mindfulness exercises and a peer-supported online community
- Children ages 13-18 should use with an adult or clinician

Categories

Wellbeing, Addiction

Patient Acuity/Journey

Mild to Moderate; Prior to care or during to augment care

Clinical Interventions

Mindfulness, behavior change

Safety

N/A



Platforms

Apple/iOS and Android



Costs/Fees

25% discount; \$18.74 p/ mo; \$74.00 for 6-month



Sign-Up Details & Discount Codes

Currently not available to recommend



Reviewer Trial Access (Clinicians)

Request a trial account
[Reviewer Access](#)

Patient Talking Points

- Eat Right Now was developed for anyone wanting to change their eating habits and relationship with food
- Short, daily exercises and interactive tools, such as the Craving tracker and Habit tracker, to identify craving-related triggers and provides support to change eating habits
- In ~10 minutes a day, learn how to identify your emotional triggers, recognize your cravings, and create long-term, positive eating habits through daily videos.

Instructions for clinicians to recommend

Through the recommendation feature, patients receive an email/text with info and a link to the ERN website to sign up. Patients must use the code provided in the website for the discounted rate. Once account is created, they download the app

25% Discounted rate: 1 mo \$18.74; 6 mo \$74.99

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Article Title	Summary
<p>Taylor V., Moseley I., et al. Awareness drives changes in reward value which predict eating behavior change: Probing reinforcement learning using experience sampling from mobile mindfulness training for maladaptive eating</p>	<ul style="list-style-type: none">• Study N 46• Objective: Two studies were conducted to examine the impact of mindfulness training on maladaptive eating and determine the involvement of reinforcement learning mechanisms underlying these effects.• Method: A novel mindful eating craving tool was embedded in our intervention to assess: eating behaviors (intake frequency/magnitude), and reward (contentment ratings) experienced after eating.• Outcome: A mindfulness training intervention for maladaptive habitual eating successfully reduces self-reported maladaptive eating behaviors, and that the use of a novel mindful eating craving tool induces a down-regulation of eating behavior reward values and eating intake