Strategies to help when eating

• Don’t go to the table famished: If you eat when you are overly hungry, it may lead to poor food choices.
• Slow your pace & volume: The slower you eat, the less likely you are to overeat.
• Develop a mental strategy: Plan your approach to a meal or an event with food to help you feel more confident in making healthy food choices.
• Limit sugary beverages: It’s easy to drink hundreds of calories and not feel the same satisfaction as when you eat.
• Choose your calories wisely: Eat small or moderate portions of foods that are higher in fat and calories. Take time to enjoy these foods and balance them with larger portions of lower calorie options.
• Be gentle with yourself: If you eat too much during a meal, don’t give up! Get back on track as soon as you can.

• Keep moving: Staying active is a great way to burn off excess calories and relieve stress at the same time.
• Keep meal choices simple: The more options, the greater the tendency to overeat.

Other things that might make you hungry

• Sleep – Not getting enough sleep may increase hormones that make you hungry.
• Dehydration – Not getting enough fluid can sometimes be confused with feelings of hunger. Drinking water before and during your meal will help you feel more full and keep you from becoming dehydrated.
• Emotions – Ask yourself how you feel before eating. If you are more bored or stressed than hungry then save those calories and choose a fun activity to do, such as taking a walk, playing a sport, listening to music or reading a book.