



Adopt healthy eating habits

3 Steps to Turn this Message into ACTION

1. Manage mindless munching:

- Eat breakfast and other meals at regular times to avoid unhealthy snacks.
- Plan healthy snacks as part of your daily food intake. Choose crunchy fruits or veggies or a handful of unsalted nuts and have them on hand to access easily. Examples: bowl of fruit on the kitchen counter or cut-up veggies in the fridge.
- Avoid distractions, such as TV, when eating meals.
- Brush and/or floss your teeth after you eat to help keep you from eating more. This also helps prevent gum disease and other mouth infections, which can raise the risk for pneumonia, heart disease, and diabetes.

2. Slow down your eating:

- Set a timer for 20 minutes and make your meal last that long.
- Use eating utensils for all meals and snacks.
- Chew foods thoroughly. Sip your drinks, don't gulp.
- Use all of your senses to enjoy each bite you take. Notice the colors and savor the flavors, textures, and smells of your food.
- Put your fork or spoon down between bites.
- Notice how your level of hunger has decreased and that your satiety level, or fullness, has increased after about 20 minutes of mindful eating.

3. Escape emotional eating:

- Anger: Share your angry feelings with a person you trust. Express your anger out loud or write it down.
- Boredom: Take a walk. Do stretching exercises. Offer help to someone.
- Loneliness: Call or text a friend or family member. Take part in a group activity. Volunteer to help others.
- Sadness: Talk to someone who will listen and not judge. Be with someone who lifts your spirits.
- Stress: Avoid or lower your stress triggers. Instead of turning to food, unwind with exercise, deep breathing, or yoga.

