Mind your Mindless Munching

EATING WHEN YOU ARE DISTRACTED CAN PACK ON POUNDS

To lose weight, you need to make a conscious effort to watch what you eat. No more of that "it doesn't count because it's not on my plate" logic. Calories from mindless munching in front of the TV, at your desk, or in the car add up quickly.

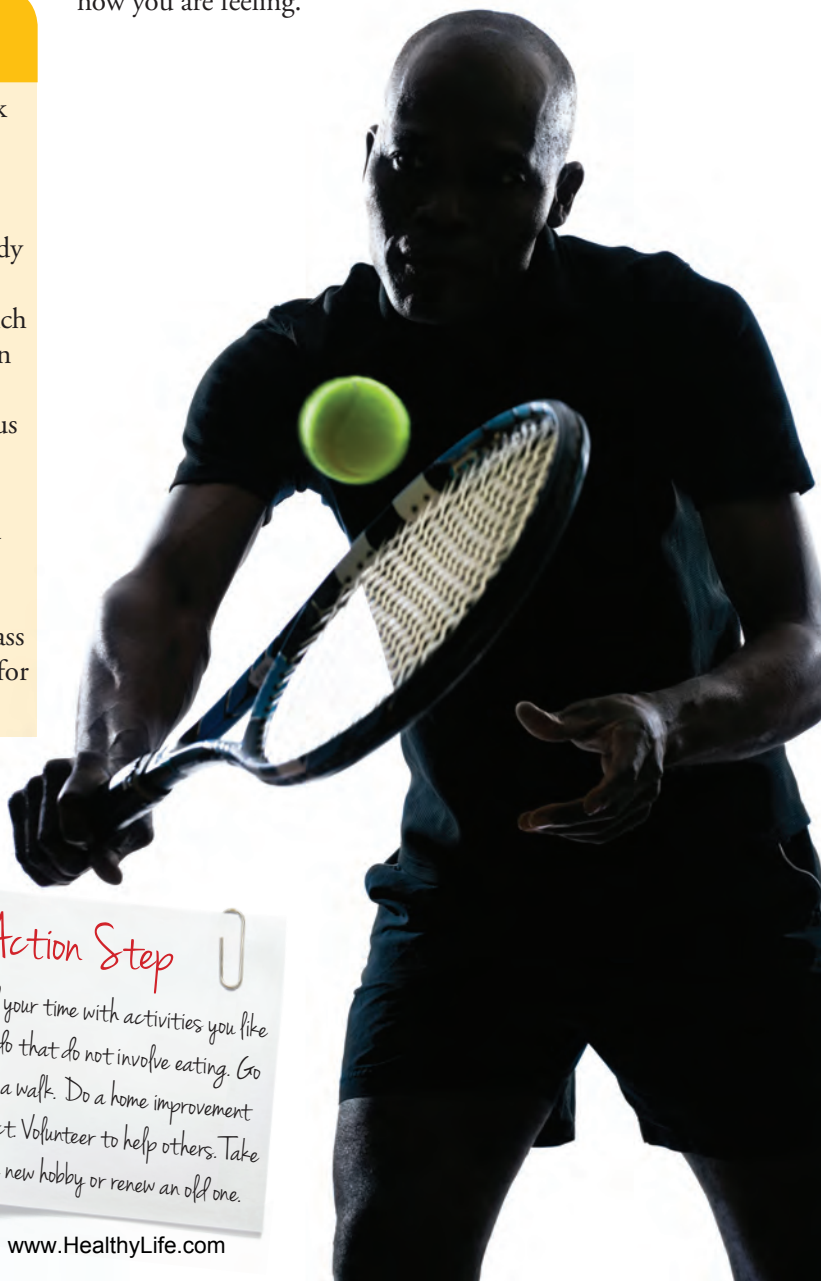### SUBSTITUTE A HEALTHIER ACTIVITY FOR MUNCHING

- Instead of eating when you watch TV, exercise or work on a craft to keep your hands busy.
- Do you eat when you are nervous, on a deadline, or upset? Go for a short walk instead.
- Do you treat yourself every time you pass the jar of candy or nuts at work? Walk around it or look the other way.
- Do you order the large popcorn at the movies and munch for 90 minutes straight? Take a couple of hard candies in your pocket. Pop these into your mouth instead.
- Lunch at your desk again? Stop multi-tasking and focus on your food.
- TV dinners common in your house? Clear the clutter off the dining room table and enjoy an easily prepared home cooked meal.
- Are you an appetizer addict? Learn to say "No" to tortilla chips or any other pre-meal snacks. Drink a glass of water or chew sugarless gum while you are waiting for your meal.

LOWER THE NEED FOR MUNCHING & SNACK ATTACKS

- Eat meals at regular times. Have breakfast every day.
- Eat when you feel hungry.
- Set a timer for 20 minutes and make your meal last that long.
- Chew foods slowly. Sip; don't gulp.
- Savor a food's flavor.
- Put your fork or spoon down between bites.
- If your stomach feels satisfied, stop eating.

IDENTIFY WHAT, WHERE, AND WHY YOU EAT BETWEEN MEALS

When you keep your daily activity diary, highlight all the extras – the mindless munchies – and add up just those calories. Note the places and activities you are doing and how you are feeling.

Action Step

Fill your time with activities you like to do that do not involve eating. Go for a walk. Do a home improvement project. Volunteer to help others. Take up a new hobby or renew an old one.