



## 8 WAYS TO PREVENT STRESS EATING

How Hungry Are You (Really)?

# HEALTHY EATING

## Eat with Purpose

Take a moment to think about what makes you want to eat something. Is it the sound of your stomach growling? Is it because it's mealtime? Do you crave food when you're bored? How about when you're stressed? All of these reasons for eating are part of our hunger cues.

### 8 Ways to Prevent Stress Eating

1. Remove temptations – if you don't have it you can't eat it; it all starts with smart choices.
2. Bring out your inner chef – explores our blogs, videos and recipes for ideas.
3. Stay hydrated – focus on healthy habits, including drinking enough fluids. Maintaining proper hydration is important for overall health.
4. Practice portion control – it's common for people to snack on foods directly from the containers in which they were sold, which may lead to overeating.
5. Have a great breakfast – A bowl of oatmeal made with nonfat milk and almond butter; low-fat Greek yogurt with high-fiber cereal and berries; scrambled eggs on whole-wheat toast with sliced tomatoes.
6. Stick to a schedule – Stick by routines, like washing your face and setting smartphone boundaries. This recommendations extends to eating.
7. Eat away from your desk or couch – don't multi-task your meals.
8. Keep healthy snacks ready – don't overdo it with snacking, but don't deprive yourself.