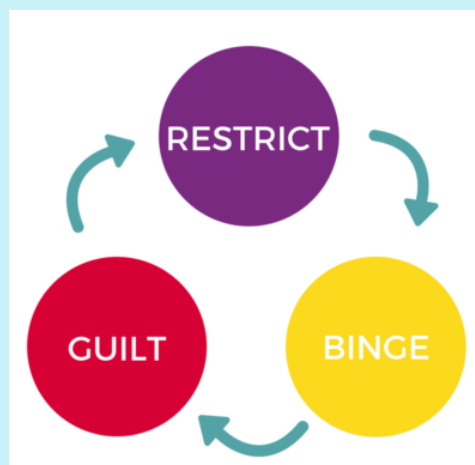
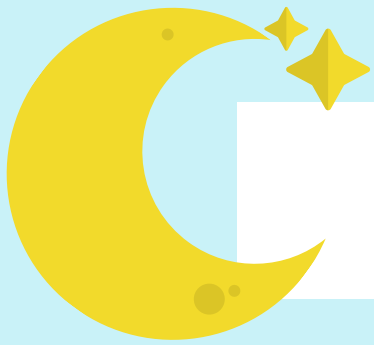


NIGHTTIME EATING

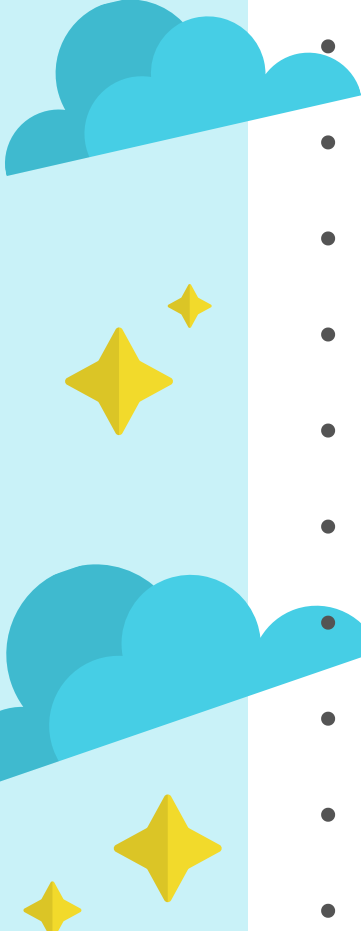
WHAT DRIVES IT?

- not eating enough throughout the day
- not eating a balance of nutrient-dense foods
- not enjoying the foods you eat
- being on a "diet"
- emotions (boredom, reward, etc.)
- sleepiness
- access to food
- habit





WHAT TO DO?

- 
- A decorative graphic on the left side of the list, featuring blue clouds and yellow stars.
- ditch the diet mentality
 - eat regularly throughout the the day
 - focus on fiber, protein, and healthy fats
 - give yourself permission to have snacks
 - find non-food ways to meet your needs
 - be strategic about foods you keep in the house
 - make eating part of the plan
 - distinguish between hunger, thirst, and cravings
 - if you eat, do so mindfully
 - go to bed

WHEN IN DOUBT...

DELAY. DISTRACT. DECIDE.