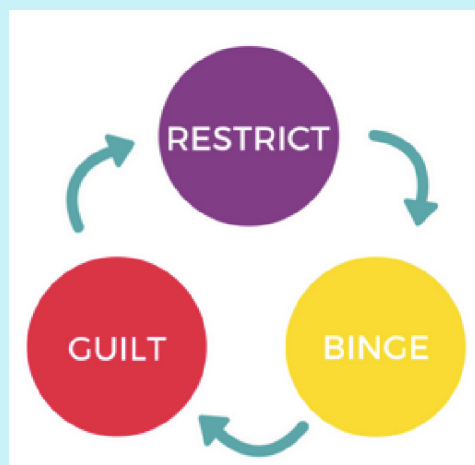
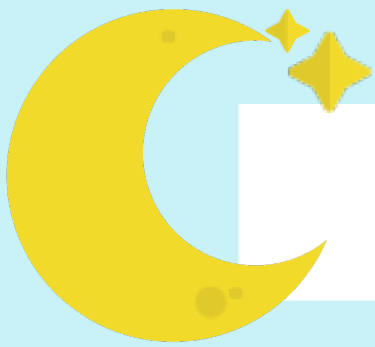


# NIGHTTIME EATING



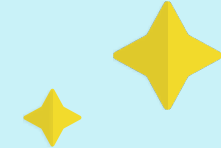
## WHAT DRIVES IT?

- 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?

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- 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
- 
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**WHEN IN DOUBT...**

**DELAY. DISTRACT. DECIDE.**