

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, stress, reward, etc.)
- Sleepiness
- Access to food
- Habit

WHAT CAN I DO ABOUT IT?

- Ditch the diet mentality
- Learn what physical hunger feels like for you
- Eat regularly throughout the the day
- Emphasize fiber, protein and healthy fats
- Make eating part of the plan
- Be strategic about foods you keep available
- If you eat, do so mindfully
- Find non-food ways to meet your emotional needs
- Go to bed



WHEN IN DOUBT...
DELAY. DISTRACT. DECIDE.