

WHY DO WE EAT?

it's time
I'm bored
I'm lonely
it's a party
to hang out with friends
someone offered it to me
it was sitting out
and maybe...
because
I'm hungry!

hormones & APPETITE



TIPS TO MANAGE

- 1. Eat on a schedule.**
Eat within 1 hour of waking and every 4 hours during the day.
- 2. Eat a high protein breakfast**
Aim for 20-30g of protein.
- 3. Eat a variety at meals and snacks.**
Have 2 different food groups at snacks and 3 or more with meals.
- 4. Eat omega-3 fats.**
Consume fatty fish or plant sources like walnuts and flax.
- 5. Eat hormone suppressing foods at each meal.**
Include high quality protein and fiber rich foods.
- 6. Plan meals with low energy density.**
Soups, fruits, vegetables and whole grains are good choices.
- 7. Find pleasure in other activities.**
Listen to music, go for a walk, do yoga or meditate.
- 8. Get adequate sleep.**
Aim for at least 7 hours of uninterrupted sleep.
- 9. Commit to regular exercise.**
Burn energy, build muscle, boost metabolism and manage appetite hormones!
- 10. Utilize your therapist.**
Professional counselors can assist in changing behavior.

