



## Changing Eating Patterns

- ◆ **Avoid getting too hungry by having regular planned meals and if you need them regular planned snacks.**
- ◆ **Always sit down to eat, and when at home only eat in a certain place (the dining table is best, they say you should never put anything in your mouth while you are standing up except your toothbrush).**
- ◆ **When you are eating, eat: apart from chatting with people you're sitting down with; don't do anything else when you're eating.**
- ◆ **Don't keep foods in stock that you know you find hard to resist and if this means that others miss out they probably don't need them either.**
- ◆ **Don't go shopping while you are hungry**
- ◆ **Wait 15 minutes until you go back for seconds, it takes time for your stomach to register that you have eaten.**
- ◆ **Have a drink instead of a snack and then re-assess whether you are still hungry.**
- ◆ **Recognise emotional, stressed or bored times when you eat.**
- ◆ **Make sure that you have healthy snacks in stock; your goal is to make the healthy option the easy option.**
- ◆ **Chew and savour each mouthful**

**One thing that I could change about my eating patterns**

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