



What are your eating patterns?

Your snacking habits start with being aware of your current behaviour.

Look at the environments you eat in

Do you eat while:

- Reading
- Watching TV or working in front of a computer
- In the car
- Walking around the house etc

Look at the food choices you make

Do you:

- Eat a wide variety of foods
- Have lots of high fat or sugar foods in your cupboards
- Choose energy-dense foods as snacks i.e. chips, chocolate bar
- Know how much fat or sugar is in different foods

Look at when you are eating

Do you:

- Eat proper meals or graze throughout the day
- Eat when stressed or bored
- Eat when preparing a meal for others
- Finish any left overs when cleaning up from the meal

Look at how you are eating

Do you:

- Eat your main meal in under 10 minutes
- Eat everything on your plate or in your bowl
- Go back for seconds helpings
- Chew your food properly
- When thirsty get something to eat