

Why Do I Eat?

Many different things affect why we eat, how much we eat, and how we feel about our eating habits.

Sometimes we eat because we are hungry. Sometimes our moods can affect our eating habits, like when we are stressed or angry or sad. Sometimes we don't even notice what we are eating, because we are watching TV or doing something else while we are eating.

ARE YOU AWARE OF YOUR EATING HABITS?

- | | | |
|------------------------------|-----------------------------|---|
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I ever eat while I'm watching TV or doing something else? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I automatically turn to food when I feel stressed or sad or angry? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I skip meals and then eat a huge amount in one meal? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I eat a lot late at night? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I sneak or hide food? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I feel that my eating habits are not always under my control? |

If you answered "Yes" to any of these questions, you are not alone. Many of us eat as a way to cope with our emotions, instead of a way to fuel our bodies. This can make it hard to feel good about ourselves, our bodies and our eating habits.

Am I really hungry?

- | When you find yourself turning to food, stop and ask yourself: *Am I really hungry? Is my stomach growling? Am I having trouble concentrating or am I feeling grouchy?*
- | If these signs point to hunger, then eat healthy foods you like in the right proportions.
- | Turn off that TV while you are eating! Doing other things while you are eating will only distract you from noticing what you are eating.
- | Eat slowly and chew your food. This will help you appreciate your food, and your body will have more time to signal to your brain when you are full.

What else can help me feel good?

Are you stressed? Bored? Lonely? Sad?

Think about what else might make you feel good besides eating. Maybe it's getting some exercise or talking to a friend. Try this, and then see how you feel.

