



Tips to help with stress eating

- Maintain a food journal for at least 7 days. Record all food and beverages, including portion size as well as how you were feeling at the time you ate.
- Do not skip meals; try to eat every 4-5 hours
- Plan ahead for meals; keep your pantry full of healthy foods. Make sure to purchase foods that are quick and easy to prepare when time is limited.
- Consume at least 8 glasses or 64 fluid ounces of water daily.
- Limit high sugar beverages (juice and soda)
- Exercise; try to find activities that you enjoy doing. Aim for at least 30 minutes above your normal activities on most days of the week. If time is an issue, try to split it up to three 10 minute exercise sessions.

- Consume at least 5 servings of fruits and vegetables each day
- Consume 3 servings of non-fat or low-fat dairy. Examples include fluid milk, yogurt, and cheese.
- Consume 3 servings of whole grains. Examples are whole grain cereal, 100% whole wheat bread, whole wheat pasta, whole grain English muffins or tortillas.
- Focus on Food. Take some time away from your work or the TV when you are going to eat. This can help you to relax and become more aware of your feelings of satisfaction and fullness.
- Do something you enjoy at least once a day; take a hot bath or shower or listen to good music for example.