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Your Impulse to Overeat

Brush your teeth right after every meal

 **Chew a piece of gum or have a low sugar mint right after the meal**

Take the plate to the sink as soon as you notice the hunger feeling is gone



Make a hot drink of flavored tea, coffee, or hot chocolate right after the meal



Leave the kitchen or dining area as soon as you are finished



Set a timer for when you can have a snack



Remind yourself you will eat again

Think about how uncomfortable you feel when you overeat



Have something else in mind to do right after the meal



Have a reason to get out of the house for 30-60 minutes; do something active



Do grocery shopping after dinner instead of before

Limit T.V. watching. Drink, but do not eat in front of the T.V.



Do not skip meals



Do your nails

Avoid triggering situations or food

Eat with a friend

Talk yourself out of it with positive self-talk

UNCW Campus Nutritionist

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