Curb 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

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