

## Eating Habits Reveal the Real You

If you take a look at your eating habits, you may learn a lot about yourself.

Consider what, when, why, where and how you eat. Do you find you snack on high-calorie foods when you're bored? Do you eat too fast? Think hard about your old ways of eating and, if needed, make changes that will lead to a healthier lifestyle:

- Plan meals and snacks ahead of time. Bring low-calorie snacks with you to work, school or running errands.
- Don't go grocery shopping or even write your grocery list while you are hungry. This will help you avoid the temptation to buy things you don't need.
- Try to stick to an eating schedule. Studies show missed meals can lead to overeating.
- Eat from plates, not out of a bag. It is much harder to keep track of how much you've eaten if you are snacking from the bag or carton.
- Eat slowly and enjoy eat bite.
- Give your stomach a chance to catch up. It takes about 20 minutes for your stomach to tell your brain you're full.

You'll find that new eating habits can help create a whole new you.