WHY IT'S SO EASY TO OVEREAT JUNK FOOD AND 7 WAYS TO STOP

WHY IT'S SO EASY

SUGAR

Can't resist the chips...cookies...ice cream? It's normal to feel out of control: Processed foods are designed to hook us.

SALT

A trigger can be a... First, identify your triggers: Social setting, Time of day, Where am I?, Who am I with?, What am I feeling?, Where am I?, What thoughts am I having? How satiated you feel, How long it takes to eat each food...

FAT

One major restaurant chain actually injects beautiful cartoon characters, like a jumbo chicken with sauce to make you feel sick, or don't eat each food... Easy to eat — no effortful chewing needed!

PROCESSED FOODS

WHOLE FOODS

are nutritious for your body and mind feel good. Eat these... Take a break! Set aside at least 20 minutes per meal. Use the "traffic light system" to put quality first...

ORGANIC

Habits are powerful, for better or worse. When we have a habit of using food... When we have lots of different tastes to choose from, we have lots of appetite.

GLUTEN-FREE

Buzzwords like "organic"... Phrases like "you're worth it"... What self-care promises do you find?... How many celebrity endorsements do you see?... How many junk foods marketed as "health foods" can you find?... Notice your chewing...

MULTIPLE FLAVORS AND TEXTURES

WHOLE FOODS SEEM "GOOD FOR YOU"

Bright colors, cartoon characters, association.

LOOK FOR HABIT PATTERNS

WHEN TO EAT

Feeling tired, stressed... When you have the urge to overeat, ask yourself: What am I feeling? Where am I? Who am I with? What thoughts am I having?

BEHAVIOR

REWARD

How much you eat. When you get to ~25 chews with no distractions...

YOUR FOOD MISTAKES

EASIER TO OVEREAT: HARDER TO OVEREAT:

WHEN TO EAT

Feeling tired, stressed... When you have the urge to overeat, ask yourself: What am I feeling? Where am I? Who am I with? What thoughts am I having?

BASE Your diet on whole foods. Swallow processed vs. whole foods.

EXERCISE

Adapted from "The Anatomy of an Irresistible Bite" by Melissa Meier, RD, LDN, CDE

7 WAYS TO STOP OVEREATING JUNK FOOD

1. Assume a "productive" mindset and make food choices that help you meet your goals.
2. Explore your habits... Look for habit patterns. Start noticing when you tend to overeat.
3. Use the "traffic light system" to put quality first. Use the "traffic light system" to put quality first.
4. Let's face it: you sexually enjoy overeating. It's rewarding. Take a break! Set aside at least 20 minutes per meal. Use the "traffic light system" to put quality first.
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6.periment: Compare how food is easy to chew. A fun way to relearn how to eat is to chew each bite many times... Choose whole, fiber-rich foods that take time to chew.
7. Learn to listen to your body... Set aside at least 20 minutes per meal. Use the "traffic light system" to put quality first.