



# EMOTIONAL EATING

*Know The Facts*

**1.**

**Listen to your cravings.**

Distinguish between physical and emotional hunger.

**2.**

**Recognize impulses.**

Food can be linked to feelings and memories.

**3.**

**Test your hunger.**

Recognize the emotional eating cycle.

**4.**

**Don't make food the reward.**

There's a healthy food swap for every craving.

**5.**

**Break the cycle.**

Take time to enjoy your food.

