



EMOTIONAL EATING

Know The Facts

1.

Learn the difference.

Distinguish between physical and emotional hunger.

2.

Break the ties.

Food can be linked to feelings and memories.

3.

Watch for danger signs.

Recognize the emotional eating cycle.

4.

Swap it out!

There's a healthy food swap for every craving.

5.

Eat mindfully.

Take time to enjoy your food.

