



# 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.

