



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.

