

## Overcome Evening Snacking

You start the day great, choosing a healthy breakfast, packing your lunch, and sticking to your healthy eating goals. The workday comes and goes and you find yourself at home with a desire to snack that you cannot control. This is very common, especially since we consider the evening hours our time to relax and unwind. To help you stay on track with your calorie budget, here are some tips to overcome evening snacking.

### Change Your Environment

Recognize the environment you find yourself snacking in the most. Is it in front of the television, surfing the computer, or standing in the kitchen talking with a family member? Make a conscious effort to spend less time in that area in the evening hours. Try going for a walk, reading a book in a different room, or playing a board game with your family.

### Hydrate

Since your body has a hard time differentiating between dehydration and hunger, when you find yourself feeling hungry, try drinking a glass of water first. Calorie-free flavored waters are a good option as well if you need a change in taste.

### Slow Down at Mealtimes

It takes our brain around 20 minutes to recognize that we have eaten enough food, but sometimes our meals are eaten much faster than that. Try to slow down, especially at dinner. Start by thoroughly chewing each bite, setting your fork down between bites, or putting less food on your plate. If you still find yourself having a hard time, try setting a timer for 20 minutes after your last bite and then evaluate your hunger level. Slowing down will help with digestion as well as help your body feel full when you have had enough.

### Keep Trigger Foods Out

Sometimes just the thought of the foods available, especially sweet or salty foods, can increase the desire to eat even when we are not hungry. Try keeping trigger foods out of the house to avoid temptation.

### Brush Your Teeth

Make it a habit to brush your teeth right after dinner. The clean, minty feeling may help you avoid snacking so that you do not have to brush them again later.

### Resources

- American College of Exercise: [www.acefitness.org](http://www.acefitness.org)

Here when you need us.

Call: 844-207-5465

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