



# Poor Eating Habits



## ► Replace ◀

- Replace unhealthy habits with new, healthy ones. For example, you may realize that you eat too fast when you eat alone to reflect upon the eating habits. So, commit to share a lunch each week with a colleague or have a neighbor over for dinner one night a week.

Another strategy is to put the fork down between bites. Also, minimize distractions, such as watching the news while you eat.

Such distractions keep you from paying attention to how quickly and how much you are eating.

- Eat more slowly. If eating too quickly, you may “clean your plate” instead of paying attention to whether your hunger is satisfied.
- Eat only when you are starving instead of tired, anxious, or feeling an emotion besides hunger. If you find yourself eating when experiencing an emotion besides hunger, such as boredom or anxiety, try to find a non-eating activity to do instead. You may find a quick walk or phone call with a friend helps you feel better.




- Plan meals ahead of time to ensure that you eat a healthy, well-balanced meal.

## ► Reinforce ◀

Reinforce the new, healthy habits and be patient. Habits take time to develop. It does not happen overnight. When you find yourself engaging in an unhealthy habit, stop as quickly as possible and ask: Why do I do this? When did I start doing this?

What changes do I need to make? Be careful not to berate yourself or think that one mistake “blows” a whole day’s worth of healthy habits. You can do it! It just takes one day at a time.





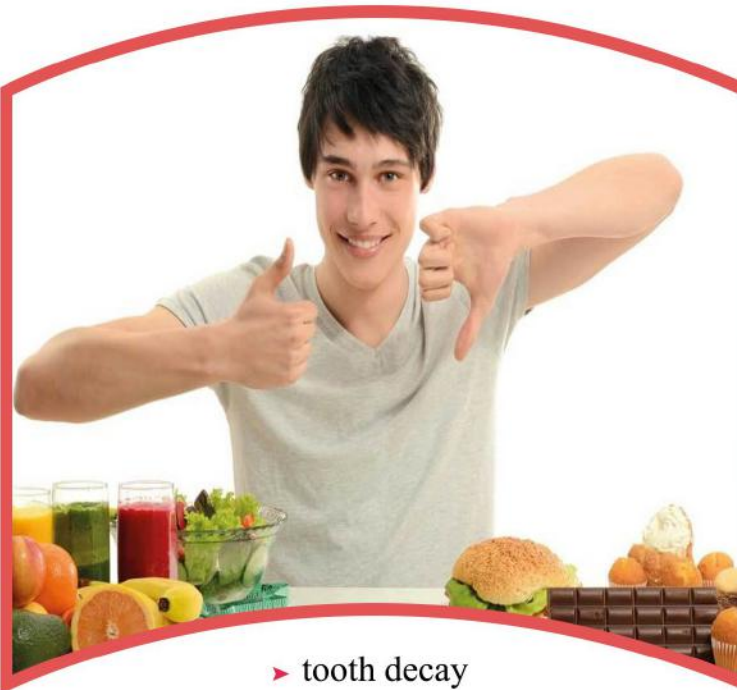
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In the short term, poor nutrition can contribute to stress, tiredness, and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems such as:

- being overweight or obese



- tooth decay
- high blood pressure
- high cholesterol



- heart disease and stroke
- type-2 diabetes
- osteoporosis
- some cancers
- depression
- eating disorders