



## **Healthy Eating Habits Cheat Sheet**

- Make a commitment to change your eating habits.
- Face the emotions that drive you to over-eat and work to resolve them.
- Find healthy behaviors to help you cope with anger, loneliness, boredom, fatigue & anxiety (not eating).
- When you eat out, follow portion control and take home half of your meal.
- Avoid mindless eating. Plan meals and snacks and be mindful of everything you eat.
- Don't buy foods that trigger your over-eating.
- Substitute healthy-foods (that satisfy you) for binge-foods.

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