





When trying to lose weight, the amount of food you eat is not the only thing to take into consideration. It is also important to address how you behave around food.

- Are you eating the right things in the right amounts? Keep a food journal that includes how your food was prepared.
- Are you skipping meals or not eating for long periods of time? Regularly eating can prevent overeating later.
- Eating slowly is key; eating quickly and with distractions can cause overeating.
- Do you eat at a table or on the run?
- Pay attention to signals your body gives you when you have had enough to eat. Your stomach should feel comfortable and satisfied, not stuffed. We also feel calmer, more alert, and energized.

Set healthy goals for yourself. Having a realistic target can make it easier to be successful. Be proud of the small steps; they will get you to where you want to be.

Skipping meals can cause cravings, so plan a regular meal schedule with at least three meals a day. All foods are okay in the right amount so don't deprive yourself of your favorite foods! If you decide you need a