

Unhealthy Eating Behaviours

Binge Eating

Binge eating is eating a large amount of food at one time, while feeling a loss of control or inability to stop.

Tips:

Take a deep breath.

Remove temptation foods from your home.

Stop and question, am I truly hungry or is this emotional hunger?

Do an activity or hobby you enjoy instead of eating.

Emotional Eating

Emotional eating is eating in response to an emotional experience (stress, boredom, or even happiness).

Tips:

The first step is to identify which emotions trigger a desire to eat. Then find emotionally fulfilling, non-food alternatives. Examples of these alternatives are gardening, woodworking, knitting, reading, or writing.



Night Eating

Night eating is when we are getting out of bed to eat because of habit, hunger or nagging emotions.



Tips:

Identify the root cause of night eating.

Create action strategies to address the root cause of night eating.

Eliminate caffeine or alcohol and add exercise to your daily routine.

Think of your emotions as a full body experience; the better you take care of your body throughout the day the less vulnerable you will be to night time eating.

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Unhealthy Eating Behaviours continued

Learned Eating Behaviours

Learned eating behaviours are when we associate food with certain routines, traditions or holidays, socializing, celebrating and even grieving.

Tips:

Focus your attention on people instead of food.

Bring and share healthy snacks.

Discuss the menu ahead of time.



Mindless Eating

Mindless eating is eating while distracted or multi-tasking.



Tips:

Practice Mindful Eating – be intentional and eliminate distractions, enjoy your food, chew

Cravings

Cravings are an intense desire for a specific food.

Tips:

The secret is to **delay** an eating response when a craving hits. Quickly change your environment or activities, call a friend or think about something else.

When you delay the eating response, cravings will eventually pass.



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All or Nothing Thinking

All or nothing thinking is giving up on healthy goals because we missed steps along the way.

Tips:

Reflect on your choices, resolving to get back on track with your next meal.

Unhealthy choices often occur when we do not plan ahead or something unexpected occurs. Recognize these behaviours and consider how to avoid them in the future.

MY PLAN

Identify the unhelpful eating behaviours you struggle with.

From the tips above, identify strategies you can use to address your specific unhealthy eating behaviours.

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