- -Create rhythm in eating time throughout the day as much as your schedule will allow. This starts with aiming to eat something within 1-2 hours of waking up and roughly every 2-4 hours throughout the day. Small, frequent meals/snacks keep you from the extremes of hunger and fullness and better enables you to stay in tune with your body cues.
- -When eating, try to choose at least one meal/snack throughout the day where you commit to avoid multitasking while eating. Engage all 5 senses in eating that meal and give yourself ine comfortable, satisfied fullness as about 80% full. Creating a mindful scenario where you are slowing down and focused on your body can help you discover what amount of food gets you to

that 80%.

- -Give yourself permission to enjoy the foods you are craving without guilt, but also consider the balance of how your body feels after eating certain foods. We are more physically satisfied when we include foods that contain protein, fiber, carbohydrates, and a little fat in our meals/snacks. We can add some satisfaction to our emotional needs by enjoying the sweet treats as the cherry on top to our balanced meal.
- -You can improve your sleep patterns by cutting off caffeine intake 7+ hours before you go to bed and aiming to eat a balanced protein 87m ETv0092 0 62 -10() 10() 10() 10() 112(s) () 3/Lang (n-5)