



Tips For Avoiding The Walk To The Fridge

Nutrition related ways to decrease mindless eating

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✓ **Stock up on smart snacks/foods**

- High protein/healthy fats/fiber
- Veggies/ and hummus or peanut butter
- Fruit - especially if craving something sweet

✓ **Avoid “snaccidents” by putting snacks out of reach/out of sight**

✓ **Meal Planning/prepping in advance with items on hand**

- “Pack your lunch” when working from home and plan your meals and snacks in advance
- Portion things out so you’re more conscious of what is being eaten: *smaller packaging or pre-portioned snacks*
- Food log: *keeps track of the items you already ate and keeps portion sizes in check*

✓ **Cooking Apps using ingredients on hand:**

- *SuperCook*
- *AllRecipes*
- *Dinner Spinner*
- *BigOven*
- *Epicurious*
- *Cookpad*

✓ **Eating adequate well-balanced meals will prevent the desire to snack more**

✓ **Eat slowly: allows your body to feel satiated and enjoy your food more**

✓ **Small frequent meals throughout the day: instead of 3 large meals**

✓ **Visual reminders of foods and drinks you consume to be mindful of how much you’re consuming**

- *i.e. Use smaller plates and taller glasses*

✓ **Eat according to your inner clock**

✓ **Undistracted eating**

✓ **Beware of “Health foods”**

✓ **Indulge once in a while to avoid overdoing it: 80/20 rule**

✓ **Stay hydrated**

✓ **Preventing excessive night snacking? Brush your teeth!**

✓ **Combat the underlying cause**