



YOUR SCORE INDICATES YOUR EATING TYPE IS EMOTIONAL EATER

Occasionally, everyone eats for reasons other than hunger. However, if the first impulse to eat is when we feel stressed, angry, upset, lonely, exhausted, or bored, we are eating emotionally.

When we eat for these reasons, it may be satisfying at first, however results typically last for a very short time. What usually lingers is a feeling of guilt for overeating, or even possibly a feeling of becoming physically uncomfortable.

Becoming aware of, and curbing emotional eating, has potential to improve both physical and mental health. Here are some strategies to consider in times when you know you are eating for emotional reasons:

Become aware that emotional needs (dealing with stress, anger, loneliness, etc.) cannot be satisfied with food. This is a great first step for increasing awareness of emotional eating.

Recognize that using food to resolve emotional needs compounds the problem because it masks the need for learning healthier ways to eat. It does so by adding a new layer of difficulty rather than leading one to effectively cope directly with emotional discomfort.

Before reaching for food, recognize that the onset of physical hunger is often more gradual (unless you haven't eaten for a very long time) while emotional eating is often more impulsive and less controlled.

Ask yourself if you are craving certain "comfort foods" that have an immediate rush of blood sugar or other satiating feeling, often accompanied by a sudden emotional dip shortly after the immediate impact. This is emotional versus physical hunger. Pause when you are having cravings and ask yourself which hunger you are feeling.

Recognize that emotional hunger usually doesn't stop when you are full, often causing you to overeat, resulting in a never-ending desire for more. Try to be mindful that emotional hunger doesn't start in the stomach, but rather in the brain resulting from emotional triggers.

Support yourself with healthy lifestyle habits such as getting enough sleep, taking walks, and developing healthy relationships. When you are physically strong and rested you are much better able to handle emotional challenges.

Make sure you have healthful food options available that you can substitute for unhealthy comfort foods. Even frozen fruit or perhaps smoothie ingredients that are filling and satiating can be good options. I will have recipes on my website for use.

You've got this! I know you have!

You might want to try some delicious plant based recipes! Enjoy!

<https://wholehealthlongevity.com/plant-based-recipes/>

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