



10 QUESTIONS TO ASK YOURSELF BEFORE YOU EAT

- 1 Am I really hungry?
- 2 Should I phone a friend, check my emails, give myself a manicure or have a nice relaxing bath instead?
- 3 If I open this packet or can, will I eat the whole lot?
- 4 Is there a smaller alternative?
- 5 Is there a more nutritious alternative?
- 6 Is my body confusing hunger and thirst? Should I have a glass of water instead?
- 7 Would exercise sufficiently suppress my hunger? Should I go for a ten-minute walk instead?
- 8 How long has it been since I last ate or am due to eat again?
- 9 If I eat, will it be a meal or a snack?
- 10 Am I still hungry? If yes, then eat!