

ADDICTIVE EATERS



Can't get enough of you..

You crave foods and drinks that are sugary or salty or full of caffeine.

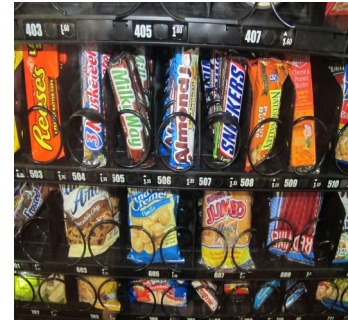


Chocolate, crisps, coke, irn bru, biscuits, cakes etc.

You've become addicted to the chemicals in these foods.

You're not alone! These foods and drinks are made in such a way that once you start eating or drinking them you to want to have more.

You find it hard to just eat or drink a little of this type of food or drink.



We will work with you to change this.

You can make small changes for better health.

Next steps:

- ✓ Identify when you are taking these foods and drinks.
- ✓ Commit to slowly reducing your dependency on them.
- ✓ Look at what you can replace them with instead.
- ✓ Use the food and mood diary to help you.
- ✓ Use the Hunger Scale that we introduce next week