

HABITUAL EATERS



AYE CAN CHANGE

I've started so I'll finish....

Your approach to food is a bit like a round of 'Mastermind' where the question master says 'I've started so I'll finish' ...



As a child you were probably made to eat up everything on your plate.

You were told not to leave anything and have continued this habit into adulthood, not being aware of if you are hungry or not.

You have lost the connection between what you eat and how you feel. You eat without thinking about what is going in your mouth.

We will work with you to change this. You can make small changes for better health.



break
the
habit

- ◆ Really have a go at the next week (Hunger and Habits) when we look at the hunger scale. Try to follow the simple rules from this
- ◆ Play close attention to week 8 (Real Deal) when we look at foods that help us manage our weight and reconnect our minds and bodies
- ◆ The first step is starting to notice how you approach food. Then you can start to take control.