



## 8 WAYS TO PREVENT STRESS EATING WHEN YOU'RE STUCK AT HOME

How Hungry Are You (Really)?

# HEALTHY EATING

## Eat with Purpose

Take a moment to think about what makes you want to eat something. Is it the sound of your stomach growling? Is it because it's mealtime? Do you crave food when you're bored? How about when you're stressed? All of these reasons for eating are part of our hunger cues.

### 8 Ways to Prevent Stress Eating When You're Stuck at Home

1. Remove Temptations – if you don't have it at home you can't eat it; it all starts with smart shopping.
2. Bring out your inner chef – stay connected with Unidine and our chefs will teach you
3. Stay hydrated - Being stuck at home gives you more time to focus on healthy habits, including drinking enough fluids. Maintaining proper hydration is important for overall health.
4. Practice portion control - It's common for people to snack on foods directly from the containers in which they were sold, which may lead to overeating.
5. A Great Breakfast - A bowl of oatmeal made with nonfat milk and almond butter; low-fat Greek yogurt with high-fiber cereal and berries; scrambled eggs on whole-wheat toast with sliced tomatoes.
6. Stick To A Schedule – Stick by routines — washing your face, putting on real clothes and setting smartphone boundaries — and those recommendations extend to eating.
7. Eat Away From Your Desk - It's easy to think eating breakfast or lunch at your desk could help you end the day early, but work-from-home veterans know it rarely works this way.
8. Keep Healthy Snacks Ready - You don't want to overdo it with snacking, but you also don't want to starve yourself.