

Take Off 4-Health



MINDFUL MUNCHIES

- Mini-pretzels
- "Light" yogurt
- Small banana
- Apple
- Orange
- Grapes
- Canned fruit (in juice)
- Low-fat cottage cheese
- Baby carrots
- Cherry tomatoes
- Bell pepper sticks
- Whole grain crackers
- String cheese
- Nuts
- Low-fat bean dip
- Salsa
- Peanut butter
- Low-fat cheese
- Low-fat milk
- Low-sugar cereal
- Low-fat granola bar
- Low-fat popcorn

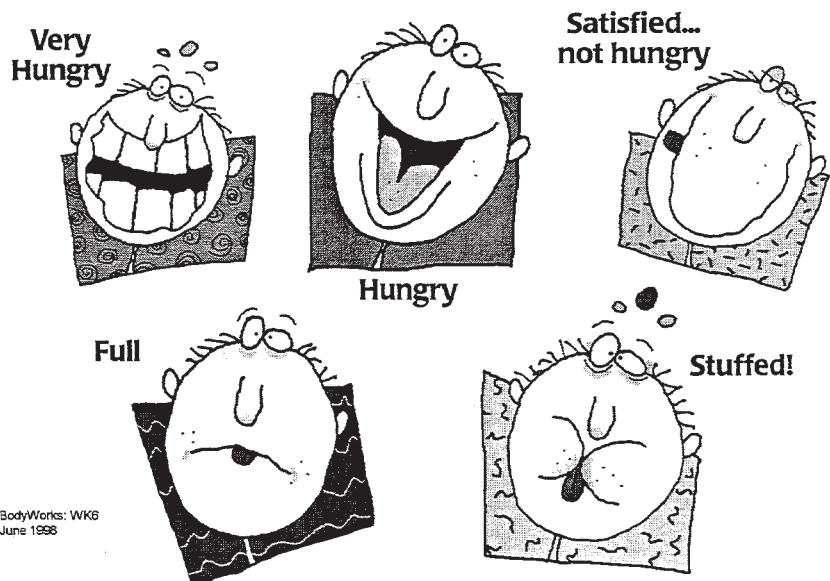
Hunger Scale

Most of us eat when we aren't hungry some of the time. Instead of listening to our body's signs of hunger, we eat for other reasons. Sometimes we start eating because it is time to eat, or it's our favorite food. Sometimes our feelings trigger us to eat when we aren't hungry.

For some of us, once we start eating, it is hard to stop. Overeating may be a habit but overeating can also be triggered by our feelings, the great taste of a favorite food or watching TV while eating.

Try to listen to your body's signs of hunger and fullness. Use the HUNGER SCALE to make a note of your hunger before you start and right after you stop eating. Write down how hungry you feel before you start eating—very hungry, hungry, not hungry and then how you feel when you stop eating—satisfied, full or stuffed.

The goal is to learn to eat only when you are hungry and to stop when you are satisfied. This takes practice. Try to be honest with yourself and in touch with your feelings of hunger and fullness.



Adapted from Mellin, Laurel: SHAPESOWN...Just for Teens, Balboa Publishing, San Anselmo, CA 94960