



Tips to Avoid Overeating During the New Normal

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(DOST-FNRI MENU GUIDE CALENDAR 2022)



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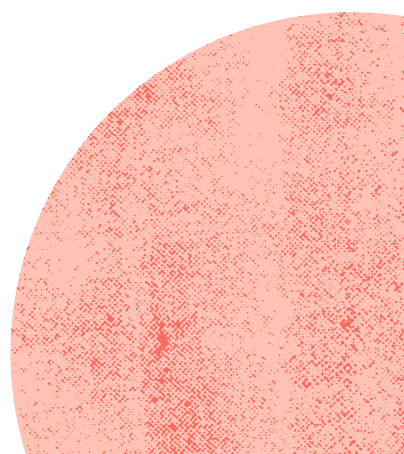
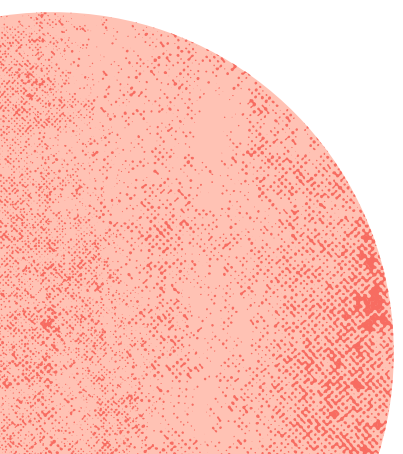


Overeating/ Binge Eating



characterized by recurrent episodes of eating large quantities of food (often very quickly and to the point of discomfort)

Being stuck at home can lead to some unhealthy nutrition behaviors, including binge and over-eating due to stress and boredom



Tips to avoid overeating or binge eating:

no. 1

Keep a food diary that will indicate a tendency to binge or over-eat.

- Find the reason/triggers- one of the most effective ways to avoid over-eating is checking why it is happening in the first place.
- Determine whether you are eating because of hunger or because of stress and boredom.
- Keep a record of what you eat, and find out why you are eating too much



Tips to avoid overeating or binge eating:

no. 2

Avoid keeping tempting foods.

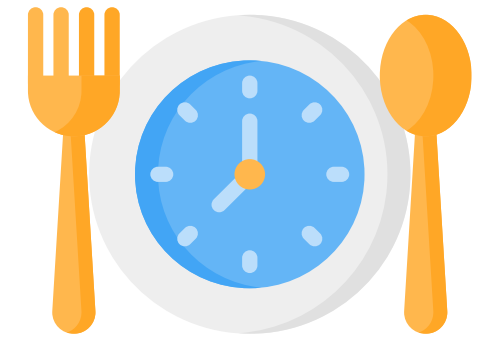
- Having tempting foods within eyesight can lead to frequent snacking and overeating, even when not hungry.
- Visual exposure to high calorie foods stimulates a part of the brain that modulates impulse control, which may lead to increased cravings and overeating
- Best to keep tempting foods like sugary baked products, candy, chocolates and chips out of sight



Tips to avoid overeating or binge eating:

no. 3

Maintain a healthy meal schedule.



- Do not change the normal eating schedule just because you are stuck at home.
- If you have three meals a day, continue that schedule even while working from home.
- Maintain a regular eating pattern based on individual needs and preferred eating time.
- If you find yourself constantly snacking, make a schedule that includes three solid meals daily and follow it until such becomes a habit.



Tips to avoid overeating or binge eating:

no. 4 Do not deprive your body of food.

- Food restriction slows down metabolism and disrupts blood sugar control
- Oftentimes, being overly restrictive with food intake or consuming too few calories can lead to binge and over eating.



Tips to avoid overeating or binge eating:

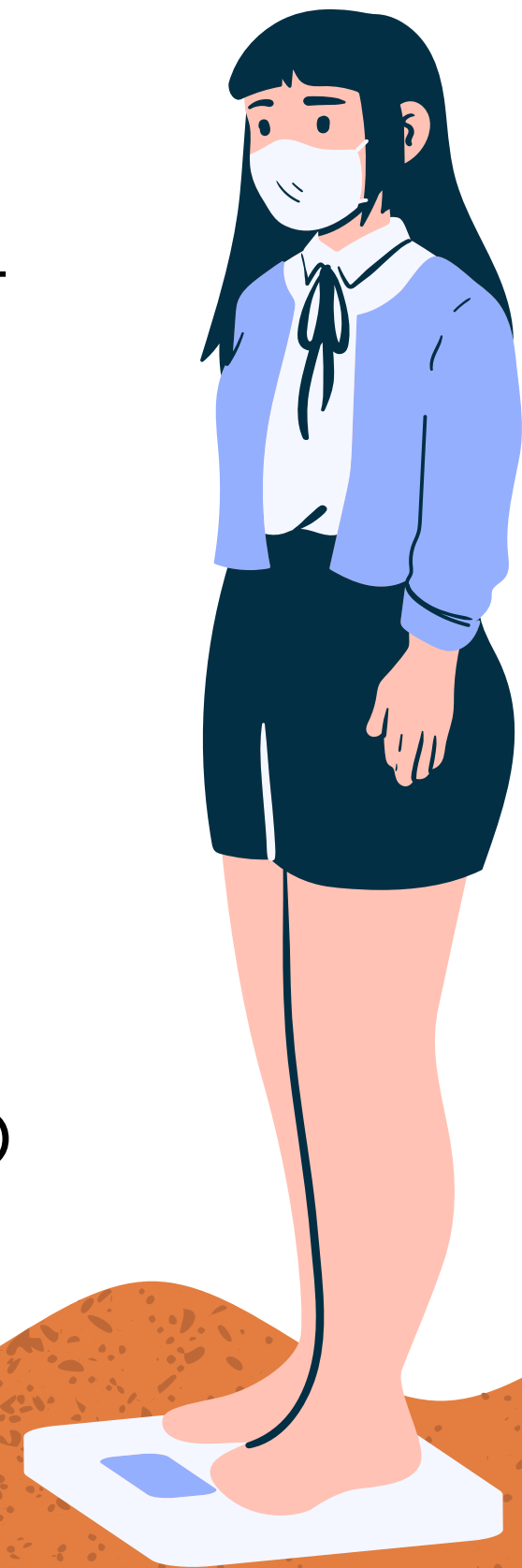
no. 5 Prepare home-cooked meals.

- Planning meals a few days ahead can help you manage time and to think of more healthy and nutritious recipes.
- Fruits and vegetables intake greatly increases when preparing home-cooked meals.
- Not having the option to opt for delivery or eat at restaurants makes one cook more meals at home
- Eat a variety of foods every day to get all the necessary nutrients that your body needs.



Consequences of Binge Eating

- Develop health risk associated with clinical obesity
- Increased risk of developing non-communicable diseases
- Shows extreme concern with body weight and shape with feeling of low self esteem
- Frequent checking in the mirror for perceived flaws in appearance and suffer from weight stigma
- Fluctuations in weight or weight cycling (aka, yo-yo dieting)
- Disruption in normal eating behaviors



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+ Exercise

Good health starts with good nutrition.
Good nutrition starts with a healthy diet.
Have a sustainable diet that provides the
necessary levels of energy and essential
nutrients.





Eating a healthy balanced diet and keeping
an active life will help us maintain a healthy
weight and prevent illness.

THANK YOU