

Am I hungry?

Learn to tell if you're really hungry or just think you're hungry. Before you grab something to eat, figure out if you are truly hungry or just bored. Maybe you are thirsty rather than hungry.

Try this, says Anita Kobuszewski, RD, author of *Food: Field to Fork, How to Grow Sustainably, Shop Wisely, Cook Nutritiously, and Eat Deliciously*. Slow down and sit down. With your mouth closed, let your tongue rest relaxed, sinking low to the floor of your mouth. Close your eyes. Take a deep breath. Hold it for a count of 3. Exhale slowly through pursed lips. Relax. Repeat this 3 times.

Before you open your eyes, ask your tummy if it's hungry. If the answer is no, then move on. If the answer is yes, eat something healthy with protein, complex carbs, and a small amount of healthy fat. An example would be a glass of skim milk and a slice of whole grain toast with a dab of chunky peanut butter, or an apple with a dab of almond butter.

The point is not to run on empty. The body needs a consistent flow of energy to keep all its systems running well.

