

Eat **breakfast**;  
a lean protein,  
whole grain and  
fruit, not overly  
sweet cereals  
or pastries.



Distract yourself  
during **cravings**  
by keeping busy — take a  
walk or talk to a friend.

2

Eat **slowly**; it  
takes 20 minutes  
for your brain  
to receive the  
“full” signal.

3

## HEALTHY TOP TEN

# Tame Your Appetite

Allow an  
occasional  
**splurge** — in the  
long run, it's unlikely  
to get you off track.

4

Ask your  
health care  
provider if  
**medication**  
could be causing  
you to overeat.

6

Choose filling, **high-fiber** and **water-rich**  
foods (produce, beans,  
whole grains, soups).



7

Get enough **sleep**;  
hormones released  
during slumber  
help control  
your appetite.

8

9

Make each bite  
better by using  
**spices** and other  
good flavors in  
your cooking.

Eat when  
you're  
**hungry**, not  
when you're feeling  
stressed or bored.

10

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