

HOW TO CURB LATE - NIGHT SNACKING



1 BOOST FIBER & PROTEIN-RICH FOODS

Consider adding in foods that help slow digestion and satiate us a bit longer, which can prevent snacking later in the evening. Try pairing fruit or whole grain crackers with nuts/cheese/dairy for a satisfying snack.



2 REFLECT ON YOUR PREVIOUS MEALS

Take a look at your meals/snacks earlier in the day. Did you skip any meals? Were there a variety of foods spanning multiple food groups? Did you feel satisfied after each meal?



3 GET QUALITY REST

Challenge yourself to get 7-9 hours of sleep daily. Sleep deprivation is correlated with changes in hunger hormones and glucose metabolism, which can lead us to eat when we really need rest.



4 CHECK-IN WITH YOUR HUNGER CUES

Are you feeling hungry? Tired? Thirsty? Bored? Take a second and try to identify how you are feeling and if that would be improved by eating a snack.



5 PRE SNACKS AHEAD OF TIME

When we spend time preparing our food, we are setting our intention for what our eating will look like. Keep the snacks easily accessible, such as graham crackers with nut butter, fresh fruit, hummus with veggies, turkey/cheese roll ups, or a yogurt parfait.

