How to Manage Your Eating Habits While on Lockdown

For those who aren't used to being home or working from home all day, it's easy to fall into the trap of mindless eating. Are you eating because you're truly hungry or are you bored or are you just thirsty? Do you know how to recognize the difference?

I've had several people ask me for advice on "how to control their eating" while at home. The struggle is definitely real but you can overcome that struggle with these home all-day eating tips:

- Set up an eating schedule or follow the same schedule as when you are working. Pack your lunch just as you would if you were heading to work and leave it in the fridge. Eat your meals and snacks at the same times you normally would if you were at the office.
- Be sure your meals are macro balanced (carbohydrates, proteins and fats) via logging your food using the My Fitness Pal app. One major bonus is the app is free. Most importantly, it will keep you accountable while managing your macros within your daily caloric allotment based on your individual statistics including age, gender, height, weight and goals. People who track their food are more likely to follow through and accomplish their goals.
- Practice portion control by dividing up your snacks into baggies and containers that are pre-measured according to serving sizes. We all know how easy it is to open a bag of popcorn and eat half a bag or "accidentally' eat a whole pint of ice cream in one sitting. The grab and go or grab and eat pre--portioned snacks are game changers! They're a great way to ensure you're making healthy choices and practicing portion control at the same time.
- Hydrate often and healthfully. Water is the best and obvious choice for so many reasons but remember liquid calories count and they add up fast. Avoid pops or products with artificial sweeteners. Limit your servings of fruit juice and opt for fresh fruit when you can. If you're a coffee drinker (and maybe drinking more of it since you're home), limit and/or measure the added flavored creamers and artificial sweeteners.
- Stress and anxiety can cause confusion between being truly hungry or emotional eating. Pay attention to your body as it will give you signals if you're hungry such as your stomach growling or you might just be thirsty. Often times, drinking a glass of water will cure your hunger pains because your body was seeking hydration.
- Avoid distracted or rushed eating by turning off the TV, your phone and computer. When you eat under these circumstances, you won't be as satisfied because you're not taking the time to enjoy what you are eating or paying attention to what you eat. When you eat slower, put down the fork or spoon in between bites, not only will you enjoy your meal more but you'll feel more full.
- Stop eating when you feel full. Don't force yourself to finish everything on your plate, store it in a container and save it for later or the next day.
- Know your triggers. If you love sweets and can't practice portion control, then keep them out of your fridge or pantry. On the other hand, balance is key, so if your disciplined enough, allow yourself little splurges here and there while practicing portion control. The more you restrict yourself from something you really enjoy, the more you'll want it or crave it.
- Healthy meals make for healthy snacks. If your meals are generally healthy then they're an easy and obvious choice for meals the next day, whether it be breakfast for dinner or lunch for breakfast or as a snack but perhaps in a smaller portion.

With all the uncertainty these days, many of us are finding ourselves in unfamiliar territory. Look as this as an opportunity to learn more about your eating habits and ways that you can change and challenge yourself to improve upon them. If you have any additional questions, please DM me and remember Today's Choices are Tomorrow's Results!