

UNLV NUTRITION CENTER

WHAT AFFECTS OUR EATING?

Learn what can affect your eating behavior and tips to help change these behaviors.

EMOTION

Almost everyone has turned to food at some point in their life due to an emotion they are feeling. The classic movie example is eating ice cream after a break-up.

Solution:

Next time you sit down for a meal ask yourself: What am I feeling? Am I truly hungry? If you have intense feelings pause and figure out how you can relax. Example: go for a walk, listen to music, play with your dog, listen to a podcast, go to the gym, read a book, write in a journal.



ENVIRONMENT



Environment plays a huge role in what we consume. For example, you may notice that you eat more with your significant other but eat less with your friends. Are you watching TV while you eat? Are you eating alone? Are you eating in the car?

Solution: Recognize how different environments may affect your eating then tune into your hunger-fullness cues and ensure you aren't overeating. Make an effort to always eat at a table with loved ones.

MEAL TIMING

If you are going more than 4 hours without eating chances are you are waiting too long to eat. This normally causes overeating.

Solution: Carry snacks on you and make sure you don't go too long without eating.



MEAL CONTENT



Meal content may affect our eating behavior. If you don't include a protein in your meals/snacks you may not feel satisfied and become hungrier sooner.

Solution: Ensure your meals and snacks include a protein. Example: chicken, fish, tofu, lean beef, nuts, seeds, eggs, cottage cheese, greek yogurt, peanut butter, etc.