

# 3 healthy eating pitfalls



We've all experienced eating when we're not hungry. But mindless mealtimes can cause health concerns — like overeating, increased blood sugar and a negative body image. Tackle these common pitfalls to give eating more meaning.

## 1. Multitasking

Eating while doing 2 (or more) things at once, like watching TV, working or paying bills.



### Risk



Not fully savoring the food and wanting to eat more.

### Fact



**62%** of working professionals report eating lunch at their desks.\*

### Tip



Step away from your desk or eat outside with peers to socialize.

\*According to the Desktop Dining Survey (American Dietetic Association and ConAgra Foods)

## 2. Boredom



Eating just to fill the time, not because you're hungry.

### Risk



Overfeeding the body, which may lead to high blood sugar, high cholesterol and high blood pressure.

### Fact



Eating activates the pleasure center in the brain making us feel happy, rather than bored.

### Tip



Battle boredom in other ways, like enjoying the outdoors or taking on a task.



## 3. Stress



**Soothing your emotions through eating food.**

### Risk



Eating is a temporary distraction and doesn't solve the problem.

### Fact



Sustained stress causes high cortisol levels, which increase appetite.

### Tip



Find healthy ways to manage stress, such as being physically active and not over-obligating yourself.

## 3 things to do at every meal

### 1. Check in with yourself



Are you actually hungry? If not, try going outside to breathe in the fresh air and recalibrate.

### 2. Use your 5 senses



For each bite, pick one feature to focus on (using your sense of taste, touch, sight, smell and hearing).

### 3. Take your time



Slowing your eating pace helps you savor the experience and makes it easier to stop when you're comfortably full.

## From the expert

"It's important to focus on health and well-being rather than weight. Staying in the moment, using acceptance and letting go of judgements builds patience and longevity in mindful eating and health practices."

— Ursula Ridens, RDN — registered dietitian at Sharp HealthCare's Outpatient Nutrition Counseling Program

