



Kick the Late Night Eating Habit

You are not alone. Many people fall into the routine of late night snacking. Unless you have challenges with blood sugar levels, the odds are that your late night snacking is psychological and has become a habit.

Here are some strategies to help you avoid late night snacking:

- **Eat regular meals.** Even when life is busy, it is important to prioritize regular meals. This will help you feel less hungry at night. Once you do this, you will likely feel more hungry throughout the day.
- **Remove trigger foods.** Is there a certain food you gravitate toward in the evening? Don't buy it! If the item is not in your kitchen, you won't have the option of eating it.
- **Create new habits.** Habits lead to other habits. For example: If you sit down and watch television every evening then find yourself in the kitchen rummaging for snacks - stop watching television at night. Pick a new location and a new habit. Take a bath or do some yoga. Maybe read magazines.

If All Else Fails...

If you absolutely need/want to have a snack, choose something healthy and aim to keep it at 150 calories. Here are some ideas for healthy snacks:

- 1 container of low-fat Greek yogurt with under 5 grams of sugar (you can freeze it so it's ice-cream consistency)
- 1 low-fat pudding cup of your favorite flavor
- 1 1/2 cup of frozen strawberries (frozen fruit takes a long time to eat and is refreshing)
- 3 cups of air popped popcorn
- 1/2 cup of ice-cream
- 1 slice of whole-grain bread with a teaspoon of nut butter (almond, peanut, or cashew)

- 1 piece of fresh fruit (size of a tennis ball), 1 cup of berries, or 1 cup melon

Sincerely,

Del Norte Healthcare District Board of Directors
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Source:

<https://www.verywellfit.com/late-night-eating-weight-gain-and-blood-sugar-spikes-1087519>



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