

# Which kind of mindless eater are you?

There are eight reasons people eat when they're not even hungry - we call it mindless eating. Print out and tick which ones of these could be you.

- You're an emotional eater who has learned to eat food and in particular, sugary and/or fatty junk food, as a way to regulate your mood or emotions.
- You sit for a large portion of the day. Sitting for extended periods of time actually **INCREASES** our tendency to snack.
- You are sleep deprived. This can also increase appetite—specifically cravings for junk food.
- You eat because of the addictive effects of certain sugary/fatty junk foods. Being aware this is happening is crucial.
- You eat out of boredom, just because it's something to do.
- You eat out of habit—just because you always eat at that time of day
- You eat a specific meal timing pattern (like every 2 hours, or 5-6 meals a day), because you **THINK** that is the right thing to do or is "normal."
- You eat as entertainment or as a social event, because of course, when you get together with other people, a bite to eat (whether you're actually hungry or not) is totally normal.