

Mindless Eating

Below are some things that influence the amount and type of food we eat:

1. Watching TV/movies

2. Eating because we're with friends

Example: Hanging out at a friend's place

3. Sight, smell, sound of food

Example: Popcorn at a movie theater

4. Our Emotions

Example: Eating when we're too excited or too upset

5. Talking on the phone

6. Boredom

7. Size of plates, bowls, cups and packages

If we use bigger plates/bowls/etc. or if we eat right out of the bag, we consume more