

Hot Topic Nutrition Activity: Managing Food Cues

Pick two of the following topics, and describe how you will manage that food cue.

1. A special event with friends or family is planned for next week. You know from past history that there will be a lot of food and you typically go away feeling “stuffed”
2. You eat snacks and meals while watching TV. You have noted that you eat too much during this time.
3. You are planning to go to a buffet. You typically leave a buffet restaurant feeling overly full.
4. You are at a family event, and there are several desserts that you like.
5. You find yourself bored when studying at night and find that you tend to graze throughout the evening.

Describe the Eating Event	Event #1	Event #2
Do I want to adapt to this situation or avoid it? (There may only be one solution to either adapt or avoid)		
What do I do to adapt to this situation (if I chose not to avoid it or cannot avoid it)?		
What is the best solution to work through this eating situation?		
What steps should I take to cope with this eating event?		
How do I gauge my success with this new approach?		
How do I revise my plan if it didn't go well the first time?		