

# Top Ten Tips to Avoid Late Night Eating



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November 2009

## How many times has it happened to you?

You did everything right today: you ate all nutritious meals, only had an apple for a mid-day snack, exercised, ate a balanced dinner, only to find that at night, you're snacking on potato chips, cookies, ice cream or something else not so healthy, while watching TV or reading a book? You're not alone.

### Here are 10 tips to help you stop or limit eating unhealthy snacks at night:

1. Brush your teeth right after dinner so you remember: no more food."
2. Place a note on the refrigerator doors: "Closed after dinner."
3. Eat breakfast, lunch, and dinner. The large majority of people who struggle with late eating are those who skip meals or don't eat balanced meals during the day. This is a major cause for overeating at night.
4. Eat your meal in the kitchen or dining room. Take the time to sit down at the table.

5. Drink cold no-calorie drinks such as water or naturally flavored seltzer at night. They taste good and keep your mouth busy. Some hot herbal tea taste great too!

6. Change your bedtime plan. It will take effort, but it will pay off. You need something that will occupy your mind and hands. Try knitting, lifting free weights in the living room, stretching while watching TV, or putting together your photo albums.

7. If you are eating at night to unwind, calm emotions, or relax yourself, focus on getting in touch with what's going on emotionally when you go for the fridge. Develop non-food methods of dealing with stress. Journal your thoughts to get them out.

8. Eat without engaging in any other simultaneous activity, i.e., no reading or T.V. watching.

9. Increase the protein content in your dinner. Research suggests that proteins have the power to keep your hunger under control

10. If you're a night owl, snack on "free" foods. Try some vegetables or low sugar fruits or 2 cups of fat free popcorn. Or just a cup of delicious herbal tea!

## Nutritional Healing

*It's NOT Just Nutrition, It's YOUR Life!*

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