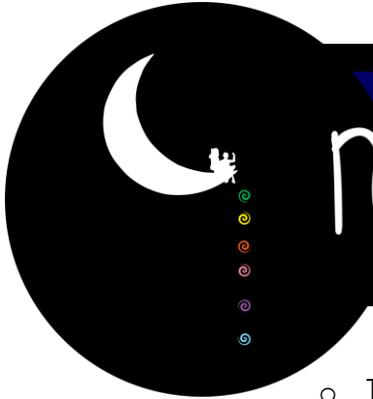


Tips to Handle After Dinner Snacking

- Have a plan for when dinner is all cleaned up.
 - Play a game, do an art project with the kids, crochet, go for a walk, do a household chore, take a bath, etc...
 - It's harder to eat when you are physically doing something else. So try doing something that is keeping your hands or body occupied.
- Out of site out of mind. If the food is visible it does create a desire to want to eat it. Put the food away! Keep food in fridge, cupboards and pantry.
- Do not bring problem foods into the home. If ice cream is a food you tend to snack on in the evening, do not bring it into the home. Instead, plan a special evening after dinner when you will visit a local ice cream parlor and enjoy the special treat there.
 - The great thing is you're not depriving yourself you're just having ice cream in its proper context.
- Practice some self-talk. If you find yourself wandering into the kitchen just ask yourself out loud:
 - "What I am doing in here?"
 - "Am I really hungry?"
 - "Am I eating out of habit?"
- Asking yourself these questions, helps to shed some insight on why and what your intentions are when it comes to eating.
- On certain days, plan to have a special treat after dinner.
 - For example:
 - Make some popcorn to go with a movie.
 - Plan a dessert night.
 - Knowing that you are going to have this after dinner treat will help you to balance out the amount of food you consume at dinner.
- Make it a rule to only eat in one area of the house.
 - Only make an exception to this rule if it's treat food night.
- Whenever you're having a snack, make it a rule that you sit down.



- This will help to curb mindless snacking which tends to occur when we eat standing at the counter or in front of the refrigerator.
- Push dinner back to a later time. If it works with your schedule, plan to do some things after work and then have dinner at a later hour.
- Brush your teeth as soon as you have finished dinner.
- Make observations of your triggers and figure out ways to combat them.
 - When you watch TV, do you typically have a snack?
 - Television commercials are big triggers for eating.
 - Try doing something that occupies your hands while you are watching a television show. You might want to pick up something like knitting or even drawing while you are watching a television show.
 - Another suggestion is to turn the commercial breaks into a time that you do some physical activity.
 - Or you can simply stretch during the television show.
- Apply the French secret of the high-fat ender to curb after meal snacking.
 - Eat your dinner and then end it with either:
 - A small amount of nuts (like 4 to 6 or so)
 - A small square of at least 70% dark chocolate (approximately ½ inch by ½ inch). Let it melt in your mouth to make it last and allow yourself to be satisfied with less.
 - A small piece of rich creamy cheese (like the size of a quarter or so)
 - And remember the smaller the better and make it last by taking your time and eating it slowly.
- Consider enjoying a cup of herbal, (no caffeine) tea in the evening time.