5 QUESTIONS TO REFLECT ON BEFORE EATING

1: WHAT IS MY LEVEL OF HUNGER?

2: WHAT IS AVAILABLE TO ME?

3: WHAT SOUNDS GOOD TO ME?

4: HOW DO I WANT TO FEEL NOW?

5: HOW DO I WANT TO FEEL LATER?
SAMPLE At-Home Eating Routine

WAKE UP

8:00 AM MEAL #1

10:00 AM SNACK #1

12:30 PM MEAL #2

3:00 PM SNACK #2

6:00 PM MEAL #3

9:00 PM SNACK #3

BEDTIME

In general, aim to eat 3 meals and 2-3 snacks per day.

Have compassion with yourself if you're having ups and downs with food right now. It is OK, and you are not alone.

While structure is helpful, remember to be flexible too! Don't worry if your eating isn't "perfect.

Above all, the priority is getting ENOUGH food and taking care of yourself with whatever means you have.
Build **MEALS** with at least 3 food groups.

Build **SNACKS** with at least 2 food groups.
BUILD YOUR OWN TRAIL MIX!

1. Choose 2-3 types of nuts.
   - Almonds
   - Cashews
   - Peanuts
   - Walnuts
   - Pistachios
   - Pecans

2. Choose some add-ins!
   - Raisins
   - Craisins
   - Other dried fruit (apricots or banana)
   - Yogurt covered fruit or yogurt chips
   - Mini pretzels
   - Sunflower or pumpkin seeds
   - Coconut chips
   - M&M’s or chocolate chips
   - Mini peanut butter cups
   - Mini marshmallows
IDEAS FOR COMBINATIONS

**Fall Mix**
- Almonds
- Pecans
- Pumpkin seeds
- Craisins
- Chocolate chips

**Tropical Mix**
- Cashews
- Pistachios
- Banana chips
- Dried pineapple
- Coconut chips

3 Combine all ingredients in a large bowl, mix, and serve!

4 Enjoy!