

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

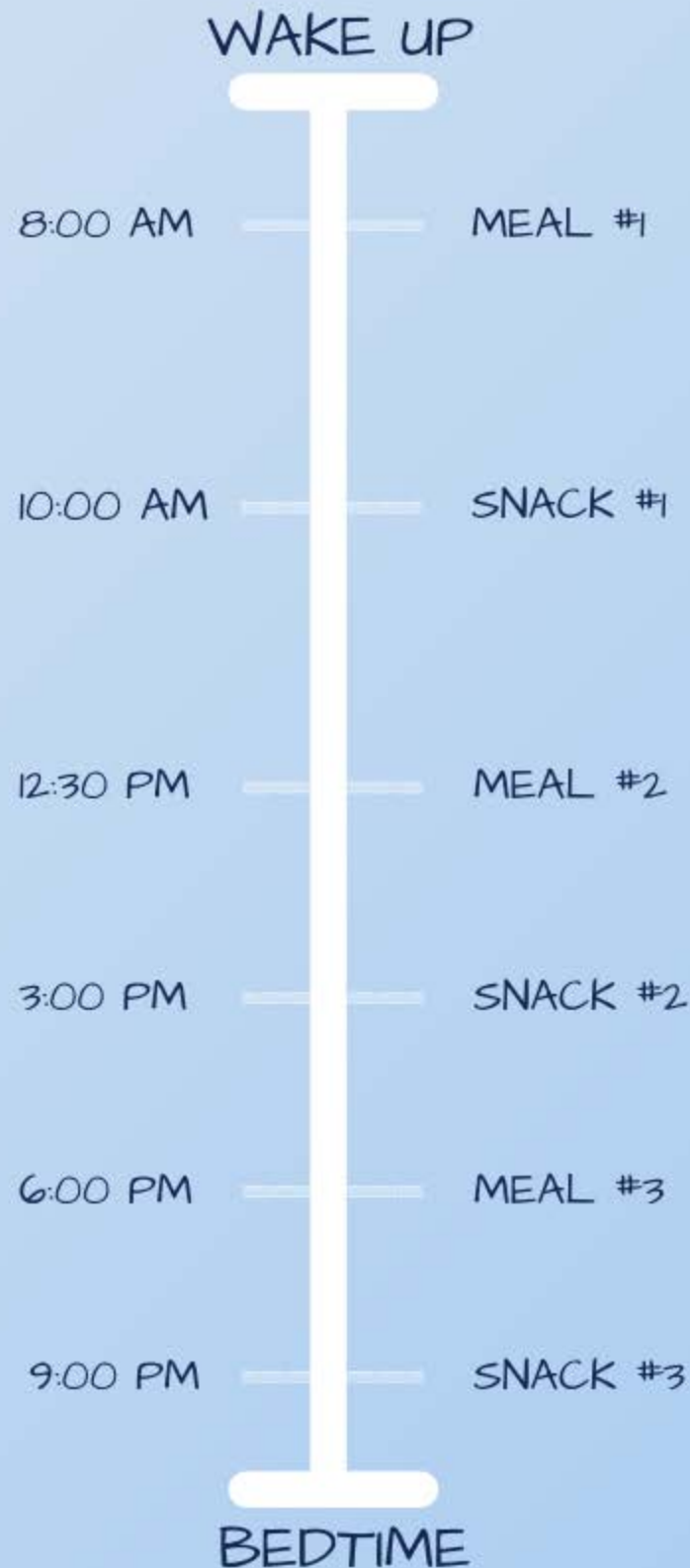


In general, aim to eat 3 meals and 2-3 snacks per day.

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

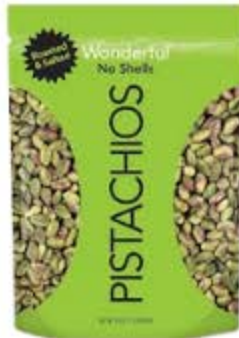


Chocolate chips

Tropical Mix



Cashews



Pistachios



Banana chips



Dried pineapple



Coconut chips

3

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

4

Enjoy!