

Avoid Emotional Eating

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It's one thing to choose healthier meals and [snacks](#) but controlling what goes in your mouth when you're stressed, upset, or just plain bored is a whole other story. You need to have strategies in place to get by during those moments of weakness. Here are three tips on how to avoid emotional overeating.

- **Plan Ahead:** In that moment of weakness or boredom, there's nothing easier than grabbing the Chunky Monkey from the freezer and chowing down. But what if indulgences like that aren't in the freezer, the fridge, or the pantry? Stock your kitchen with [fruits, veggies](#), pudding cups, frozen fruit bars, popcorn, and yogurt. Be sure to wash and cut up the produce when you get it home -- when you are in a munching mood, who wants to deal with peeling and cutting up a mango?
- **Allow Treats:** There's nothing wrong with an occasional treat. In fact they often make eating healthy most of the time a little easier. Whether it's a small bag of chips during your favorite TV show or an ice cream cone on a warm Saturday afternoon, giving yourself permission to eat it eliminates the need for secret [binge sessions](#) and the guilt felt after splurging on a favorite food.
- **Keep Active During TV Time:** Keeping your hands and head occupied can keep you from the television haze-induced noshing. There's always knitting or crossword puzzles but what about holding onto the mail or a new magazine until you sit down for the evening. Need to write any thank-you notes or pay any bills? It doesn't matter what it is, just keep busy.