

## 12 SIMPLE WAYS TO CONTROL APPETITE

### 1 REGULAR MEAL TIME, WITHOUT SKIPPED ANY MAIN MEALS

Regular meal pattern without skipped any main meals (breakfast, lunch and dinner). Snacks is necessary to avoid hunger.



### 2 FIBER RICH FOOD

Fiber keeps you fuller longer and suppress your appetite.

### 3 DRINKING WATER THROUGHOUT THE DAY

Drinking water before each meal helps you consume fewer calories, by giving you a head start in filling up your stomach.



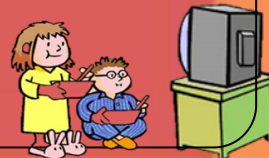
### 4 DO NOT START WITH DESSERTS

Sweet dessert will increase your appetite.



### 5 GOOD APPETITE WHILE WATCHING TV?

Prepare healthy snacks at home to be enjoyed while watching TV such as fruits, cereal or yogurt.



### 6 RECORD YOUR FOOD INTAKE

One way to control your appetite is through daily dietary records to identify weaknesses in your diet.

### 7 DO NOT BRING BACK

Do not bring back your favorite foods which is unhealthy as a stocks. You may be hard to control your appetite.

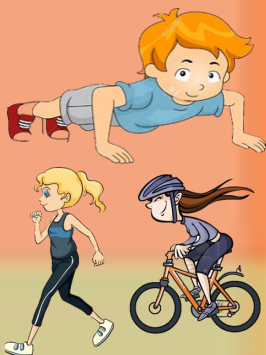
### 8 SAY "NO"

You have to be strong, committed and courageous to say "NO".



### 9 THE MIRACLE OF EXERCISE

Exercise produces endorphins which naturally reduce appetite.



### 10 DO YOU HAVE ENOUGH SLEEP?

Getting enough quality sleep can also help reduce hunger and protect against weight gain.

### 11 GREAT PLANNING

Eat before attending any ceremonies or bring a healthy snack. Planning ahead can help you avoid overeating.

### 12 NOT EASY TO CHANGE

Start with a small and simple changes but make sure it continues. No need to rush to make a drastic changes.

Best of luck!

#### DELAY

• Hold! You're not ignoring the thought but dealing with it.

#### DISTRACT

• Move the focus! Be active, get out and try an interesting non-food activity

#### DISTANCE

• Keep out! If you realize that you are hard to resist temptation

#### DETERMINE

• Define! Determine whether you are physically hungry or just thirsty

#### DECIDE

• Options! It's time to make a smart choice.

PRACTICE THE 5 Ds! :