

## I'm Hungry, Now What?

Unfortunately, eating three big meals a day may leave you hungry in between meals. If you eat lunch around noon, you may go six hours before you eat dinner. Not eating for that long often leads to overeating at the next meal.

- In order to prevent hunger pangs, eat a filler food and plan your snacks ahead of time. Eating a snack will help you feel full and will prevent you from eating a second or third portion at your next meal.
- Make sure your snacks are low in calories. Even though junk food may satisfy some of your cravings, it is usually not filling and will not satisfy your appetite. Healthier food will make you feel full and keep you from feeling hungry.

