

Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

Five Ways to Curb Nighttime Cravings



It’s about that time and your stomach is demanding food. For many of us, it’s not because we are truly hungry, but rather seeking food out of habit. Listed below are some suggestions to break your evening ritual.

1. **Drink Water.** It can be easy to mistake hunger for thirst, so try drinking a glass of water first. To give your water some flavor, add a lemon.



2. **Distract Yourself.** Remove yourself from the situation by going for a walk, playing a game, or taking up a hobby like knitting to keep yourself busy. People are more likely to eat when they are bored.

3. **Don’t Eat in Front of the Television.** It can be easy to forget what you ate while watching your favorite program. Instead, do exercises such as crunches, squats, or lift weights.

4. **Set a Kitchen Curfew Time.** Turn the lights off in the kitchen at a certain time and keep them off so you see the kitchen is closed. To further your chances of not sneaking, floss and brush your teeth for the night.

5. **Grab Fruits and Vegetables.** If you need to eat, stick to fruits and vegetables. You’ll get the satisfaction without the guilt afterwards.



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To view article visit our Web site at www.marshfieldhealthylifestyles.org

For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.