

## - Eating customs

# How to avoid binge eating?

Hindustan Times (Gurugram) · 21 Oct 2022 · 11

It's that time of the year again when it's all about sweets, bingeing and festivities. Having an exhaustive and lip-smacking line-up of festive fares staring right at you, one tends to indulge without thinking twice. This can definitely make your plans to stay fit go haywire. Here are a few tips to avoid binge eating, this festive season.



Have home-cooked food before heading out for a party. This will keep you full for a longer duration and will limit your bingeing.

In case you're unable to have a meal at home, try to go for healthy options, while dining out, like protein-based meals, salads, etc. Avoid deep-fried snacks.

Portion control practice is paramount. Prepare yourself mentally and ask yourself questions like, 'Do you really need another round of serving of that dessert or junk food?'

Be mindful about your alcohol intake. Alcohol is high in calories so are the mixers. These are empty calories, as they do not help the body meet its nutritional needs.