## **Strategies for preventing hunger:**

- 1. Eat meals at regular times
- 2. Be sure caloric intake is adequate to fuel your body and delay hunger for 2 to 3 hours.
- 3. Have protein source at each meal
- 4. Practice "front loading"-eating more earlier in the day and less in the evening.
- 5. Always keep a healthy snack with you such as a banana or granola bar.