



# the nutrition school

## Triggers and Controls

The best way to avoid overeating or making poor food choices is to recognize what triggers you to engage in this behavior. The best way to overcome these triggers is to recognize them and have a plan to kick them in the butt. Let's do this!

TRIGGER	FOOD CONTROL	NON-FOOD CONTROL
Stress	Crudite 3 cups air popped popcorn	Shower with lavender spray Meditation Phone call to a friend