

## How To Avoid Late Night Snacking

It seems like a lot of folks waltz into the clinic with the same tune: they've got their act together when it comes to eating right all day long, but when the sun goes down, it's a whole different ball game. Nighttime often becomes a battle with the munchies, whether it's out of sheer boredom, the emotional weight of the day, or just looking for a way to chill out after a marathon of meetings and emails. But fear not, I've got a handful of tricks up my sleeve to help you ace your after-dark diet:

1. Don't play the skipping game with your meals. Keep fuelling up regularly to keep the hunger beast at bay and avoid a midnight fridge raid. You'll find that you'll zip through your day with more pep in your step when your stomach isn't playing the growling tunes.
2. Sip on some water or tea instead of raiding the pantry. Teas like a cozy blanket for your insides, and it's perfect for calming your nerves. Want to make water more exciting? Throw in a twist of lemon or lime for that zesty kick.
3. Make your last snack of the day something that's packed with fibre or protein and plan it out like you're plotting a treasure hunt. This way, you're not left with a free-for-all when hunger strikes. Think hearty whole grains, crisp fruits and veggies, creamy low-fat dairy, or lean, mean proteins. Whip up a bowl of low-fat yogurt sprinkled with blueberries and bran or dip some crunchy peppers and carrots into a low-fat yogurt sauce, or maybe even a slice of melba toast topped with some svelte cheese.
4. Keep your kitchen a junk-food-free zone. If temptation's lurking in the cupboards, put it on the top shelf where it's out of sight and out of mind.
5. Chew on some sugar-free gum to keep your choppers busy. Sometimes all you need is to feel like you're munching on something without all the extra calories.
6. Stick a copy of your meal plan on the fridge like it's a masterpiece. It'll be a constant reminder of your goals every time you're tempted to snack.
7. Find your zen without the snacks. If you're eating to unravel the day's knots, discover other things that bring you serenity, like frolicking with your furry friend, gabbing on the phone with your bestie, taking a stroll, or getting your hands dirty in the garden. Seek out activities that fill you with tranquillity to replace the comfort that food provides.
8. Dive headfirst into a hobby that gets your heart racing with excitement. If boredom's your nemesis, find a night activity that you can look forward to, something that will keep your thoughts far away from the cookie jar. How about some fancy footwork with ballroom dancing, hitting the high notes with singing lessons, or strumming away on a guitar?
9. Suck on some hard candy when the sweet tooth fairy pays a visit. Most hard candies are just a few calories, and they last way longer than a rapid cookie or chip binge.
10. Brush your teeth with a minty toothpaste – mints like a magic wand for your appetite.
11. Become a night-time novelist with a journal. When the urge to snack hits, write out the saga of your cravings and how you think you'll feel post-snack.
12. Get moving with some light exercise, like a 30-minute walk, and don't forget to stretch out those muscles. You'll not only shake off the day but also drift off to dreamland more easily.
13. Hit the hay a tad earlier; if you're snoozing, you're not snacking!

