

Managing Cues

- Keep a food diary that includes:
 - Types and amounts of food and/or drinks consumed
 - Time and place of eating
 - Who else (if anyone) is present
 - How hungry you felt before eating
 - Activities you are doing at the same time
 - Calories contents of food where possible from nutritional labels on packaging This will help examine the patterns in your eating and helps you with overcoming the stimulus to eat.
- Wait till the urge to eat cease. A craving is like a wave and will weaken. Remember, the less often you respond, the weaker the response will become.
- Change the routes you usually drive or walk along to avoid shops that tempt you.
- Have a list of alternative activities for various situations where food has been the usual response. For examples, surfing the internet, bringing the dog for a walk, reading the newspapers or a book, etc.
- Do anything but eat

Please contact KTPH Dietitian at 6602 2420 or YCH Dietitian at 6807 8584 if you have any nutrition related question.

This information is for educational purpose only. This is not intended for use in the diagnosis or treatment of any health condition without consulting a qualified healthcare professional. Yishun Health shall not be responsible for any injury nor damage caused to any individual as a result of using this information, directly or indirectly. You should seek the advice of your healthcare professionals in relation to queries pertaining to any health condition. Please contact Khoo Teck Puat Hospital at (65) 6555 8828 if you wish to make an appointment to consult with our dietitians or pharmacists. You may download and print this information for your personal use only. You may not reproduce, distribute, modify, transmit, post, or otherwise use this content for public or commercial purposes without prior written permission from the Nutrition & Dietetics Department, Yishun Health. All rights reserved. ©



Yishun Health is a network of medical institutions and health facilities in the north of Singapore, under the National Healthcare Group.

Admiralty Medical Centre • (65) 6807 8000 • www.admiraltymedicalcentre.com.sg

Khoo Teck Puat Hospital • (65) 6555 8000 • www.ktph.com.sg

Yishun Community Hospital • (65) 6807 8800 • www.yishuncommunityhospital.com.sg