



# Feel-Good Friday

## Healthy Eating Habits Include:

- Eating a meal or snack every three to four hours.
- Eating when starting to feel hungry and stopping when feeling full.
- Recognizing that the time between starting eating and a signal reaching the brain to say that the stomach is full may take 20 to 30 minutes.
- Eating a variety of foods across all food groups.
- Feeling comfortable eating when gathered with other people.

# Eating Healthy Can Feel Good!

\*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org)