



mind off food. You can work out, clean house, read a book, pursue a hobby, talk on the phone or watch TV. But be careful with the latter. Some people have a habit of eating while watching TV. If you're prone to this, find something else to do besides watching TV.

Get rid of the junk food in your kitchen. This will ensure you don't consume high-calorie foods late at night. You may just discover that you don't eat as much if you don't have a lot of tempting treats around. Imagine going to the cabinet and finding nothing good to eat. You would probably shut the door and find something else to do.

If you eat late at night because you lack structure, set some boundaries for yourself and make some rules regarding late-night snacking. Allow yourself one healthy snack between the hours of 6 and 8 p.m. and nothing after that. For some people, having rules and forcing themselves to stick to them works better than anything else when it comes to curbing late-night snacking.

Occasional healthy late-night snacks are fine; frequent high-calorie late-night snacks are not. Do your best to curb your need to snack late at night, but don't expect it to happen overnight. Give yourself some leeway and be prepared to succumb to temptation now and then. □

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