Why We Eat

Hunger

Growling stomach.

Comes on gradually.

All foods sound good.

Habit

You eat without thinking.

"Clean your plate".

High fat/sugar/salt foods.

Boredom

You eat to do something.

Passive activities/TV.

High fat/sugar foods.

Stress/Loneliness

You eat to fill a void.

Craving comes on fast.

Comfort foods.

UNITED KINGDOM

RAF LAKENHEATH

RAF MILDENHALL

HEALTH PROMOTION

UNITED STATES AIR FORCE