

**Health Corner TV®**  
**Appetite: Managing Munchies**

I tend to eat when I'm nervous. For a lot of us eating is emotional and we use it for comfort. But that comfort comes at a price...extra pounds. Here's a couple of tricks to try and control those snack attacks. Eat frequent smaller meals. For example, if you eat four times a day, you get to enjoy eating more frequently and it helps you avoid lots of snacking. Figure out some self-nurturing ritual to take the place of eating -- maybe make your self a cup of tea and read one magazine article instead of munching on junk.