You have committed to a healthier lifestyle and set goals for success. The journey to a better you may include some bumps in the road that challenge your commitment to those goals. Don’t turn the challenges into negatives. Learn to work through them, one at a time. You’ll find that overcoming these obstacles can be quite rewarding.

The biggest challenge is hunger. Consider these strategies when hunger challenges you:

- **Get enough sleep.** Recent studies have suggested that the amount and quality of sleep may affect appetite.
- **Be more active.** Just as sleep habits regulate appetite, so does activity.
- **Be choosy about how you ”spend” your daily calorie intake.** Calories that are packed with the right nutrients keep your appetite in check.
Hungry?

You may want to try ...

◆ Eating more calories at breakfast and lunch. Some people don’t eat enough early in the day and their appetite catches up with them by dinner time.
◆ Take a walk. Moving more burns calories and regulates your appetite. It also helps you “walk away” hunger pangs.
◆ Eat some proteins and fats but throughout the day. They take longer to digest so you feel full longer. Fat is packed with calories, but incorporating a little into each meal or snack is a helpful way to keep your appetite in check. Low-fat cheese and whole grain crackers make a super satisfying snack!
◆ Eat more fiber. Fiber is a carbohydrate that does not digest or break down, so the feeling of fullness lasts longer. Most adults need for 25–30 grams of fiber a day. Fresh fruits and vegetables are great sources of fiber!