

## How to Bounce Back From a Binge

If you eat less, you lose weight. Seems logical, right? Unfortunately, skipping meals can have consequences. Besides leaving you feeling listless and weak, lack of food can set you up for a major binge. Deprivation can cause hunger and cravings, and in those straits you're likely to eat the first thing you see, regardless of its nutritional value.

Thankfully, the answer to this dilemma is simple. Eat when you're hungry! Choose vitamin-rich fruits and veggies, lean proteins, and whole grains, and you'll easily beat cravings between meals, feel full, and help your body shed pounds. Isn't that great?

If you've already binged, don't worry! It happens to all of us at one point or another. Just get right back on track with your next meal.