
About.com Weight Loss

5 Easy Ways to Prevent Overeating

By [Jennifer R. Scott](#), About.com Guide Updated January 10, 2010

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These tips will help you feel fuller longer and curb cravings. Give them a try, and you could prevent overeating before you have even had the chance to say, "I couldn't eat another bite"!



Enjoying a breakfast that includes lean protein, such as eggs, will help you stay fuller all morning and prevent overeating later on.
Image: [Clipart.com](#)

1. **Don't skimp during the day** to "save" [calories](#)¹ for later on in the evening. No matter how "in control" you feel during the day, you're likely to become overly hungry by evening, which is a sure-fire way to give in to [overeating](#)². And above all, don't skip any meals to reserve calories for another; it almost always backfires.
2. **Eat [breakfast](#)**³ every morning. Doing so keeps your blood sugar stable -- which helps keep [cravings](#)⁴ at bay -- and energy levels high (we tend to eat more when feeling sluggish). In fact, studies have shown that people who eat breakfast tend to be at a healthier weight than those of us who skip it.
3. **Drinking** plenty of [water](#)⁵ throughout the day as well as **eating water-rich [fruits](#)**⁶ such as melon or oranges will help you feel sated throughout the day. Additionally, thirst is easily confused with hunger so staying well-hydrated may prevent you from eating when you're not actually feeling true hunger.
4. **Get enough sleep.** Without even realizing it, we tend to eat more when we're tired; it's a way to "perk" ourselves up. While eating something high in carbs will give you a burst of energy, it will soon fade away. Feeling well-rested may help keep that "afternoon slump" at bay (and you away from the vending machine).
5. **Eat on a regular schedule.** Eating regularly will keep you from getting too hungry to stay in control of what -- and how much -- you eat. You should never go longer than five hours without eating; ideally, you should have something every three hours or so. This can be accomplished by incorporating [healthful \[snacks\]\(#\)](#)⁷ into your day or by eating several mini-meals instead of three large ones.

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