

Take Control of Compulsive Eating

Many people enjoy, crave or find comfort in foods. When those cravings become excessive or uncontrollable, it may be a sign of a food addiction.

Signs of food addiction include:

- Eating in secret or differently in front of others
- Struggling with self-control when it comes to food
- Eating when you are not hungry
- Feeling guilty after eating
- Eating to create a sense of pleasure or control

Compulsive eating and food addictions can result in serious health consequences such as obesity, diabetes, bulimia, and other physical and emotional conditions that can affect the quality of your life.



NuVantage can assist you, your spouse or your children:

- **Evaluate your relationship to food**
- **Make a plan to take control**

800.577.4727

www.NuVantage.org

Wellness portal password: wellness

NuVantage Employee Resource is a free and confidential service provided by your employer to help you balance your work, family and personal life