



Food Noise

September 2, 2026

Presented By |
HealthCheck360



Agenda

What is food noise?

Tools for navigating in your daily life





What is Food Noise?

Persistent thoughts about food that a person perceives as unwanted or distressing and that may cause social, mental, or physical problems

It goes beyond hunger

- Thinking about your next meal while eating
- Loss of focus
- Checking on your food constantly
- Consuming online content



Triggers

Boredom

Hormones

- Ghrelin
- Leptin

Restrictive dieting

- Labeling foods as “off-limits”

Food advertising





Tips to manage food noise

Mindful eating

- Eating without distraction
- Pay attention to taste, hunger cues, etc.

Balanced meals

- Breakfast
 - Whole grain oatmeal, Greek yogurt, strawberries, peanut butter
- Lunch
 - Brown Rice, salmon, avocado, broccoli
- Dinner
 - Turkey burger, whole grain bun, carrots, ranch
- Snack
 - Apple and peanut butter, cheese/beef jerky stick

Consistent nutrition

- Don't ignore hunger cues

Eating enough calories

- BMR – Basal Metabolic Rate



Tips to manage food noise

Get outside

- Vitamin D

Quality sleep

- Temperature, light, noise

Stress management

- Meditation
- Breathing
- Grounding
- Journaling

Reach out for additional support if needed





Summary

- Food noise can come from many sources
- Look for your triggers
- Find small ways to practice healthy habits
- Progress over perfection



Upcoming Webinars

Wellness at Work

Boost productivity and morale with easy-to-implement wellness habits that fit seamlessly into your workday.



October 7

Biometrics 101

Whether it's from your HealthCheck360 screening or a doctor's visit, we'll help decode your biometric results and understand what your numbers say about your wellness. Learn how to use this data to guide healthier decisions.



November 4

Lifestyle Rewards



1. **True or False: Food noise is the same for everyone**
 - a) True
 - b) False
2. **What is one hormone mentioned that affects food noise?**
 - a) Leptin
 - b) Insulin
3. **What is one tip to help food noise?**
 - a) Stay inside
 - b) Balanced eating

*** If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



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Questions?

