Overeating can occur for a variety of reasons and contributes to obesity. But what is overeating? Food provides us with energy in the form of calories. Those calories come from fat, alcohols, carbohydrates, and proteins. Those calories need to be expended in some way or weight gain will occur.

### Three Demons of Overeating

1. **Sugar**
2. **Salt**
3. **Fat**

These three ingredients conspire against you and your brain to control overeating.* Any combination of these ingredients will induce a craving for more.

### Goals to Strive For

- **Fat:** < 30% of calories
- **Sugar:** Focus on naturally occurring sugar and limit added sugar
- **Salt:** Minimize added sodium

### Tips and Tricks

- Use a food scale for portion size
- Have healthy foods on hand
- Keep a food journal
- Schedule exercise

### So What...

- **Up to 75%** of people with I/DD are overweight or obese.
- **50%** of adults with I/DD engage in no physical activity.
- **75%** of food choices for children with I/DD are made by their parents or caregivers.

You can make a difference by developing good habits!

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In partnership with the HealthMatters Community Academic Partnership in the Rehabilitation Research and Training Center on Aging with Developmental Disabilities at the University of Illinois at Chicago (UIC).
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