

# weight reduction focus on eating behaviors

Fad diets and “quick and easy” weight loss programs may sound great, but the results are usually short term. Let’s be realistic. It took you longer than a week to gain the weight, so it will take you longer than a week to lose it. To succeed you must commit to a healthy lifestyle for a lifetime.

You can still enjoy eating. Simply modifying your eating behaviors can help you gain control and over time produce lasting results - a healthy you. Adopt the practical tips within this pamphlet, and use the example on the back of this pamphlet to help you set goals and monitor your progress.

## Your Eating Habits...

### **Eat slowly.**

Not only will you taste and enjoy your food more, but it will be easier to avoid seconds.



### **A few tips to help you eat more slowly are:**

- Cut each bite of food as you are ready to eat it.
- Put your fork down between bites.
- Chew food thoroughly; swallow each bite before taking another.
- Pause during the meal for at least one minute.  
Evaluate how much more food you need to feel satisfied.
- If you are eating with someone, chat.
- Choose foods that require a lot of chewing, such as salads, chewy breads, etc.

### **Remove serving dishes from the table after everyone has been served.**

### **Leave something on your plate.**

It is easier to make up excuses about being “full” if there is food left on the plate.

### **Leave the table when you are through eating.**

# Controlling Your Eating Habits

Planning is important in controlling your eating habits. Some simple tips are:

- **Plan the day's menu and eating times the day before.**

Then stay away from sights and stimuli of foods not on your list.

- **Shop from a list.**

Be a smart shopper by preparing a grocery list and purchasing only those foods. Do not rely on your impulses.

- **Shop after you have eaten so you won't be tempted.**

Hungry shoppers buy more food than "full" shoppers.

- **Take time to read labels.**

This information can contribute to making the wisest decisions.

- **Limit purchase of foods that are not intended to be part of a planned meal or snack.**

If you do buy these types of foods, keep cakes, pies, cookies, etc., frozen until used. The time it takes to thaw them may help you reconsider.

- **Keep problem foods out of sight.**

Store them in the back of the refrigerator or in high cabinets.

Do not leave food out in dishes to nibble.

- **Keep healthful foods available.**

When you have a craving, snack on fresh fruit or raw vegetables. These foods can help take the edge off your hunger and satisfy your desire to eat something, until the craving passes. For convenience, buy pre-bagged salads and ready-to-eat vegetables.

- **Maximize the experience of eating.**

Eat only when sitting down. Do not read, work, watch TV, or stand while eating. By avoiding distractions, you'll be able to better monitor your food intake.



## In Restaurants...

- **Avoid being overly hungry when you arrive.**

Enjoy some raw vegetables, such as carrots, at home to take the edge off your appetite.

### To control how much you eat:

- Begin your meal with a low-calorie appetizer, such as a salad, shrimp cocktail or broth.
- Request ice water and sip it throughout your meal.
- Request that bread be brought at the same time as your entree, not before.
- Split an entree with a friend.
- Eat only a reasonable amount of food; then request a doggie bag for leftovers.
- Have coffee or tea for "dessert."