

## Tips for Healthy Eating

Why we eat can be as important as what and how much we eat. Many people eat more from habit, to relieve stress and because of social customs than to meet their body's need for nourishment. Realizing why you eat and knowing that ALL calories count can go a long way in helping you develop a healthier eating pattern.

Behavior modification is a common sense approach to dieting. It teaches you to recognize your own problem areas and replace them with other forms of behavior.

Consider these helpful hints:

- Eat more slowly. Put less food on your fork or spoon. Chew it deliberately for far longer than you normally would. Put your eating utensil down between bites. The more slowly you eat, the less likely you'll be to gobble down a second serving before your body has had a chance to tell you it was filled up by the first.
- If you're still hungry after you've finished your first serving, wait at least twenty minutes before you reach for seconds. It takes that long for your body to realize that you are full.
- Go grocery shopping after you've eaten a satisfying meal. If you shop when you're hungry, you are more likely to select fattening food. Shop from a list that you prepared when you were not hungry.
- At meals, eat your favorite things first. You'll be more likely to stop eating when you've had enough, rather than after you've cleaned your plate.
- Don't weigh yourself more than once a week while you are trying to lose weight. Losing fat takes time, and you may get discouraged if you don't see daily progress on the scale.
- Don't let an occasional indulgence be an excuse for going completely overboard. If you've "blown" your diet by eating a brownie, there is no reason to make the damage worse by eating ten.
- Drink a glass of water before meals and sip water between bites of your meal. This will help fill you up without overloading you with calories.
- Limit the areas where you eat. Eat all your meals in the kitchen and/or dining room.
- Use smaller plates. By limiting the size of the plate, you also limit the amount of food you consume at one sitting.
- Make exercise an integral part of your daily routine. Try substituting a brisk walk for a snack if you're bored or depressed.
- Remember, successful weight control is a daily habit. Practicing good nutrition and daily physical activity are lifestyle changes that will enhance your overall health for years to come.

