



Simple ideas to help you manage Less Eating each day

Eat when you are hungry, not just because it is convenient, or you are bored.

Distract yourself with activities: play with kids and pets, favorite hobby, clean house, garden.

Avoid eating while watching TV as this may distract you and cause you to eat more.

Visual imagery: imagine a high calorie food as repulsive and salads/vegetables as delightful.

Reduce the size of each meal by 25%. Use a smaller plate for your meals.

Eat slowly to give your body time to feel full (takes 20 minutes for your brain to signal "full").

Leave uneaten food on your plate. Don't force yourself to eat calories you don't need.

Brush your teeth right after dinner to help avoid late night snacks before bedtime.

Use a weight-loss mantra: "Just a few more pounds to lose, I can do this, be strong."

Be mindful and aware of what you eat at each meal and what you order at restaurants.

Good to eat/drink

Healthy low-calorie snacks can help you drastically reduce the size of each meal.

More protein to increase your sense of fullness and more muscle mass = ↑ metabolism at rest.

High-fiber foods. Fiber is good for your digestion and gives you a sense of fullness.

One slice of bread, instead of two, for an open-faced sandwich.

Veggies, lots of them. The bulk of the vegetables will help you feel full.

Water, instead of soft drinks, throughout the day.

Two cups of water right before a meal. This will add to your sense of fullness.

Dining out

Try simply eating a salad and an appetizer

Order small portions or share a meal with a friend. Ask for a "to-go" box when you order.

Be mindful of the massive calories included with appetizer, bread and butter, entrée, side dishes, dessert and wine. Start eliminating some courses.

Foods to avoid

Comfort foods - replace with comfort activities: exercise, game, favorite hobby, book, bath, etc.

Butter and mayonnaise – replace with mustard or hummus.

Cheese, fried foods and high-fructose corn syrup.

Dessert - replace with fruit or low-fat yogurt and then with a mint or sugar-free gum.

Potato chips – replace with whole grain crackers.