

HOW we eat is just as important as WHAT we eat

1. **Chew your food slowly**, and wait 15-20 minutes before going back for seconds. Slowing down allows your brain time to get the signals from your stomach telling you that you are getting full.
2. **Never skip meals**. Skipping meals leads to overeating!
3. **Drink water** instead of sweet drinks! (also drink a glass of water before you start eating.)
4. Fill your plate in the kitchen at the start of the meal. Do not put open bowls of food on the table.
5. **Turn off the TV** while you are eating. Eat only at the kitchen or dining room table.
6. Keep **healthy snacks** available at all times. What's in your house is what you and your family will eat!
7. **Plan meals** ahead of time to avoid last minute decisions when you are hungry.
8. **Make a grocery list** before going shopping, and never shop on an empty stomach.
9. Avoid using food as a reward or treat.
10. Don't deny yourself foods you love, **content yourself** with a small portion.
11. **Engage in activities** that do not involve eating. Activity often lessens the urge to eat.

