



Sensible Eating Suggestions

Brought to you by Froedtert Hospital Dietitians



If you have a few extra pounds to lose, don't get caught up in the fad diet game. Instead, examine your food and exercise habits. Think lifestyle change. Not temporary change.

Here are a few tips to get you started:

- 10 Eat **3 three meals every day**. When you skip meals, the chance of over indulgence from snacks is greatly increased.
- 10 **Eat slowly**. It takes twenty minutes for the stomach to tell the brain it's full. If you have eaten an entire meal in 10 minutes, you may have overeaten. To help slow down your meals, try putting your fork down between bites.
- 10 **Make eating your only activity**. Try to avoid eating while reading or watching TV. If you watch TV or engage in some other activity while eating, you may overeat because you aren't paying attention to how full you are.
- 10 **Keep a food record**. Write down the amount of food eaten, when and where you eat, your activity while eating and your mood. After a week or two, examine your records for any pattern or bad habits.
- 10 **Try to eat smaller portions**. Smaller portions will reduce your overall calorie intake. However, portions may look small on a large dinner plate. Fool your psyche - make portions look bigger by placing your food on a small plate.
- 10 **Break the habit of nibbling while cooking**. When cooking, do you have a bite of this or a pinch of that? Bites and pinches have calories too and those calories can add up. There is a simple solution- reduce nibbling, reduce extra calories.
- 10 **Shop for groceries when you are full, not when hungry**. If you grocery shop when you are hungry, you may make unhealthy food choices. To reduce temptations, have a grocery list prepared and stick to it.
- 10 **Drink glass of water prior to a meal**. This temporarily reduces hunger and makes it easier to eat slowly.
- 10 **Get Moving!** Aim for some type of physical activity each day. Walking is a great exercise to burn off extra calories.
- 10 **Enlist the help of others**. Ask your doctor for a referral to see a Registered Dietitian.