

EATING RULES AND HABITS



The 7 Rules of Eating Lead to Successful Weight Control

1. Only eat when you're sitting at the table.

No eating on the run, in the car, on the street, at the playground, in the park, or while you're in front of the television. If you're standing up you shouldn't be eating! It's that simple. Simplicity is what makes it easy... *but* only you can make it work.

2. Put your fork down between mouthfuls.

Enjoy what you're eating. Relax and give yourself a chance to feel full before your plate is empty.

3. Teach yourself when to eat.

Structure your life so that you make time for eating healthy meals. Eat while your sitting down and not while you're rushing off to an appointment.

4. Healthy doesn't have to mean boring.

Don't eat the same meals every day. Vary your menus, adding new spices, new tastes, new textures to your meals. The reality is that healthy, low-sugar eating can be just as

exciting—and much more energizing—than the high-sugar, high-calorie regimen you were used to before.

5. Be clear about what you want to eat.

If you're craving something ice-cold like ice cream, don't try to talk yourself into a muffin or a slice of toast or anything else that isn't cold. You can treat yourself to a frozen yogurt treat and still feel in control. You will also feel satisfied, which means that you will stop eating after the yogurt, rather than seeking out other foods to fulfill your urges. The goal is to plan your treats.

6. Eat on a small plate.

Fill the smaller plate, enjoy your food and never feel a moment's guilt about overeating.

7. No seconds.

As you eat, tell yourself that whatever is on your plate is going to satisfy you. You don't need any more food.

Developing Good Eating Habits

Affirm Your Right to Be Thin

A person who has been heavy all their life may meet with negative feelings from family members when trying to lose weight. Remember, change can be frightening. Stay focused, get control over your own life and affirm your right to change.

Losing weight for someone else is dangerous both physically and emotionally. You must want it. If you're pressured into weight reduction, the chances are good that you'll gain the weight right back. If you feel that you need to be thin to be loved, it's time to reexamine the relationship. The changes you make in your life must only be for you. Affirm your right to be loved—fat or thin!

Working Together with Your Family

Get out of the kitchen

When possible, ask other members of the family to take a turn at cooking meals. Nothing is more devastating to a diet than “taste as you go” cooking.

Minimize clean-up time

Do the dishes quickly and get on to another activity. Linger over the leftovers will only tempt you to clean the pots by eating what’s left in them.

Fill your evenings with people and activities

Do you eat out of boredom? That’s easy to cure. Turn on your favorite music and take a hot bath. Ride your exercise bike while watching your favorite sitcom. The end of a productive day deserves some reward, but it doesn’t have to be a hot fudge sundae.

Try not to shop for food

...but if you must, read the labels and become more aware of the caloric consequences of the choices you make. When eating out, be demanding. Ask for dressings on the side. Request small portions of lean meats. Ask for a doggie bag. If you can’t resist the rolls and butter, have them removed.

Get out of the house and away from the fridge

Plan evening walks, bicycle rides, sports-related activities and the like. Changing the focal point of your family time from eating to activity will help everyone rethink their habits, and provide you with company as well!

Act positively

Moaning and groaning about having to turn down chocolate cake will not elicit the sought after sympathy from your family. If your family sees that you seem happier, they will be more apt to support you and your new lifestyle.

Listen to your body

Learning to eat when you’re hungry is difficult when you were raised to clean your plate. Start by leaving a spoonful of each item untouched at the end of every meal. When food is offered, stop and think. Am I really hungry? Is the item appealing? If the answer to either of these questions is no, then why do I feel pressured to eat?