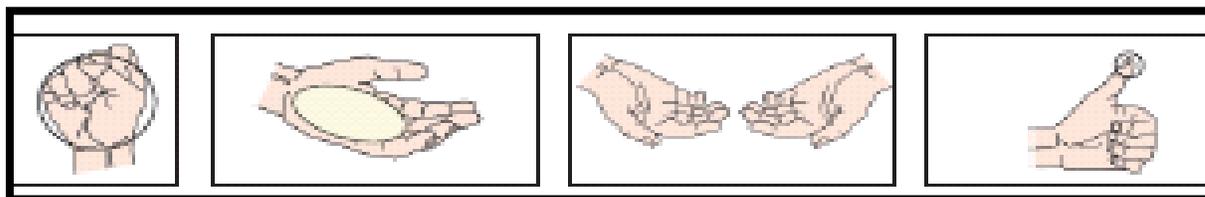


Putting Healthy Eating Into Practice

- Ask yourself “Am I Hungry?” If yes....eat!
- Eat mindfully. Pay attention to hunger/fullness cues and give yourself permission to eat the amount of food that will satisfy your true hunger.
- Balance your meals.
 - Aim to include something from at least 3 of the 4 main food groups at each meal.
 - Use the plate method to help balance your meals in a healthy way.
- Consider the timing of your meals and snacks.
 - Eat breakfast.
 - Plan to eat meals/snacks about every 4 to 5 hours.
- Watch out for portion distortion!

To help you judge portion sizes

1. Use the plate method (1/2 plate of vegetables, 1/4 plate of grains/starch, 1/4 plate of protein)
2. Do the “hand jive”:



Grains & Starches

Meat & Alternatives

Vegetables

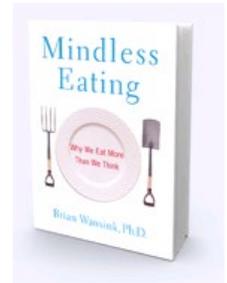
1 tsp fat

Tips for healthier portions:

- Buy in bulk and pre-portion your food into serving sized bags.
- Use smaller plates and bowls. The plate looks full and you are satisfied with less.
- When eating out, share a meal with a friend or leave half the food on the plate and take home leftovers for another meal.
- Choose higher fibre options. Fibre helps you to feel more satisfied with your meal and keeps you feeling fuller longer.
- Serve up your vegetables first. Consider having a soup or salad before the main meal.
- Allow “pleasurable” foods! Avoid feelings of deprivation.
- Never snack out of the bag – serve up snacks on a plate. You will be more mindful of your portions if you see it on your plate.
- Set aside time just to eat. Eating while multi-tasking is distracting and can prevent you from paying attention to your body cues.
- Slow down, stay mindful, chew thoroughly and enjoy the company and conversation during your meal.

Mindless Eating

This information is based on the book *Mindless Eating* by Brian Wansink. The ideas are those of the author.



Did you know we eat more when we...

- ❑ serve or are served big portions
- ❑ use bigger bowls/plate and glasses
- ❑ eat with distractions (like in our cars, on the computer, while watching TV)
- ❑ buy products in large containers
- ❑ put food on the table rather than plating from the stove
- ❑ have many different options and many different foods on our plates

Small changes add up to make a big difference. Here are some ways you can change your environment in order to help support healthier eating:

Reengineering strategy #1 “See all you eat”

See it before you eat it – put it all on your plate before you sit down to eat. Avoid eating directly out of packages and boxes.

Put the food you want to eat (vegetables & fruits) where you can see it (i.e. on the table).

Reengineering Strategy #2 “Be your own tablescaper”

Put foods that come in big boxes in smaller containers or baggies. Become an illusionist when it comes to plate and bowl size. Try smaller mini bowls for foods we commonly overeat such as pasta, cereal, or ice cream. To make this goal more fun, consider treating yourself to a set of pretty but small dishes. Savor every bite!

Reengineering Strategy #3 “Make overeating a hassle, not a habit”

Put foods like candies in covered containers and don't leave them out in visible sight. Leave serving dishes in the kitchen vs. bringing them to the table. Instead, put the salads and veggies on the table to encourage eating. “De-convenience” tempting foods by putting them in the basement freezer or hard to reach cupboards. Store them in opaque containers that don't make them visible. Try to snack only at the table and using a clean plate.

Reengineering Strategy #4 “Re-script your social dinners”

- ❑ Try to be the last person to start eating
- ❑ Pace yourself with the slowest eater
- ❑ When at someone's house avoid the “just one more helping” request (and temptation) by always leaving some food on your plate as if you're still eating
- ❑ Assess your hunger prior to the start of the meal and have an idea of how much you will need to eat

Restaurant Tips: Enjoy More and Eat Less!

- ❑ If the breadbasket is on the table, you are most likely going to eat bread. If you don't want to eat bread with your meal, either ask the waiter to take it away or keep it on the other side of the table.

- ❑ Portion sizes are often ample – split an entrée, have half of it packed to take home, or simply order two appetizer sized portions instead.
- ❑ If you want dessert, see if someone will share it with you. The best part of a dessert is the first two bites!
- ❑ Establish a Pick-Two rule: appetizer, drink, dessert – pick any two.

Reengineering Strategy #5 “Create Distraction-free Eating Scripts”

Avoid meal “multitasking” because anything that takes your focus off the food makes you more likely to overeat without knowing it. Dashboard and desktop diners are less likely to be overachievers than they are to be overeaters.

- ❑ Re-script your danger zones. For example, if you snack at work during the afternoon when you’re not hungry, brush your teeth after your lunch break.
- ❑ Distract yourself before you snack. Distractions can be good news and bad news. They are good news if they prevent us from starting to snack when not hungry. They are bad news if they distract us from paying attention to how much we eat once snacking has started (e.g. popcorn in a movie theatre).
- ❑ Serve yourself before you start – dish it out before you sit down to snack and put the packages away out of sight.

Reengineering Strategy #6 “Make Comfort Foods More Comforting”

Don’t deprive yourself.

Rewire your comfort foods – try celebrating your next special holiday or event with healthier foods so that you will turn to these foods at the next happy time.

Example: celebrate with frozen yogurt with fresh berries vs. double chocolate cake. Both are decadent!

Reengineering Strategy #7 “Crown yourself the official gatekeeper”

Tips for family health:

Avoid using foods as a reward or punishment.

Offer variety to small children and continue to offer new foods at a young age.

Use the plate method (½ vegetables).

Make serving sizes more “official” by having them in small containers and make the small containers the only ones visible.

Avoid these four unhealthy food-tool extremes:

1. Food as reward: “If you get an A on your test, we’ll go out for ice cream.”
2. Food as guilt: “Clean your plate; children are starving in China.”
3. Food as punishment: “Finish your vegetables or you can’t watch TV.”
4. Food as comfort: “Eat this pudding; it will make you feel better.”

For more information, visit: www.mindlesseating.org

One environmental “reengineering strategy” that I will try to help support healthier eating is:
