

## Ways to Control Your Eating Habits

So you've decided to lose weight. You've got the meal plan ready to go but what about your lifestyle? Do you need to make some changes to help you to lose weight and to keep it off? Let's look at some ways to modify your habits at home, at work, while shopping, or even when dining in a restaurant. Statistics show that it takes an average of 66 days to change a habit, so give yourself some time to develop those good habits, but get started now!

### At Home:



- Only eat when you're sitting down at the kitchen or dining room table.
- Don't take food out of the kitchen.
- Unless you're preparing a meal- stay out of the kitchen.
- Keep tempting junk foods out of the house- just don't buy them.
- Don't hide food in closets, cookie, jars, or drawers.
- Have healthy snacks such as cut up fruits, vegetables, and yogurt ready for snack attacks. (Keep an eye on the potassium and phosphorus content depending on your lab results)

### At Work:



- Don't eat at your desk.
- Keep candy, crackers, cakes, and other snacks out of your work space.
- Chew gum. It is difficult to eat food when you're chewing gum.
- Do not work through meals. Skipping meals can slow down your metabolism and may have you overeating at your next meal.

### At the Grocery Store:



- Do not shop when you're hungry or tired.
- Write a shopping list and only buy what is on the list.
- Read food labels and choose your foods wisely.
- Do not "taste test" in the store.
- Limit the amount of food you buy to avoid having leftovers.



- Leave the food on the stove and fill your plate.
- Use a small dinner plate or salad plate to help control your portion sizes.
- Measure or weigh your food until you get used to the portion recommended for you.
- Eat slowly, putting your fork down between bites. Take small bites and chew your food well.
- Do not have a second helping of anything.
- Don't have any distractions when you're eating. No TV, computer, radio, cell phone, etc.
- Attend food related celebrations, but choose healthy, low calorie foods such as veggies or fruits.
- Plan ahead for a snack in the afternoon to avoid temptation to go to the vending machine.
- During your breaks, go for a walk instead of eating or drinking.

- Or... plan ahead and freeze extra portions in individual containers for another meal.
- Buy single serving foods like a chicken breast or hamburger pattie.
- Resist impulse shopping. Don't buy junk food!





### At a Restaurant:

- Order off of the menu and not the buffet.
- Order salad or vegetables for an appetizer instead of eating bread and butter.
- Ask your waiter to pack half of your meal in a “to go” container before the meal is served to you.

- Ask for dressing, gravy, or high calorie sauces on the side.
- Try soda water with a twist of lime instead of alcohol.
- Consider sharing a high calorie dish or dessert with someone.

Remember...It takes about 20 minutes for your stomach to tell your brain that it's full. Eat slowly and enjoy the food you eat!

Reference:[http://www.ucsfhealth.org/education/behavior\\_modification\\_ideas\\_for\\_weight\\_management](http://www.ucsfhealth.org/education/behavior_modification_ideas_for_weight_management)