



EVALUATING EATING HABITS

Slow and Steady Wins the Race

1. One for the Money; Two for the Show. Choose one or two foods and/or behaviors to change at a time. Trying to make total dietary/lifestyle habits all at once can be overwhelming and lead to overall failure. Changes are more likely to become permanent if taken slowly.

2. Talk to the Hand. The palm is a good tool to help control portions and calories. Try eating no more than one palm-size serving of each food. Except for veggies – eat two palm-size servings; three if you are still feeling hungry. Just be careful not to add additional fats such as butter, dressing, etc.

3. Know before you Go. Ask ‘Am I really feeling hungry or is it something else?’ Most of the time thirst is mistaken for hunger. Before reaching for that extra portion drink a full glass of water; wait a few minutes and determine if you are truly hungry.



EVALUATING EATING HABITS (NEW)

Improving Eating Habits through evaluation of food records

The best tool for evaluating eating habits is keeping a food record for at least one week.

- 1. Write It Down.** Log everything consumed - food, beverages, alcohol, tasty nibbles, EVERYTHING. Include the quantity of each item. If the records are not truthful and accurate, they are not beneficial.
- 2. Review the Results.** After one week review the foods/beverages consumed. If there is less than 5 servings of vegetables and 3 servings of fruit per day, dietary changes are needed. Using a calorie calculating app/program can help determine the overall calorie intake as compared to daily calorie needs.
- 3. Decide to Make Changes.** Look at ways to replace high calorie foods with more fruits/vegetables and whole grains. Think of simple snacks like fruit, raw veggies, crackers.



EVALUATING EATING HABITS (NEW)

Take a look at 'Programmed Behavior' patterns

- 1. Size Matters.** Using large plates and loading them with the max amount of food they will hold. To control food quantity use smaller plates, such as a salad plate. The plate will still be 'full' of food, but much smaller portions and less calories.
- 2. Location, Location, Location.** Eating in front of the TV, video game, or computer. Meals should always be eaten at a table or counter. The time should be focused solely on eating and Family Time.
- 3. Clean It Up.** Eating everything on the plate, even when full. We are taught from a very young age to 'clean our plate'. This is bad advice and can lead to the inability to know when to stop eating, overeating, and obesity.
- 4. Sweet Nothings.** Drinking large glasses (>8 ounces) of fruit juice or other sugared beverage. Fruit juice may seem like a 'healthy choice' but too much of a good thing is not good. Drink a full glass of water before reaching for the sweet stuff and drink no more than 12 ounces a day.



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