

Eat the Right Amount

Overeating is a common cause of weight gain and often something we don't think about. Taking time to consider not just how much we eat but how we eat it can make a positive impact on our whole body health. To start eating the right amount, try these tips:

- ✓ Don't eat out of a large bag or bowl. Instead, portion out your food. This will help you control how much you eat.
- ✓ Use small plates and single-serving packs. They give you a better stopping point to check in with your fullness.
- ✓ Limit distractions and focus on your food—the way it tastes, smells, looks, and sounds. Try not to read, drive, or watch TV while you eat. You'll enjoy your food more, and it will be easier to notice when you are comfortably full.
- ✓ Pay attention to your hunger cues. Try not to eat for other reasons, such as feeling bored or sad. Find other ways to cope with those feelings.
- ✓ Don't wait until you're very hungry to eat. If you do, you're likely to make unhealthy choices or eat too much. It's nearly impossible to make healthy decisions when our hunger gets too strong (See the hunger scale).
- ✓ Eat slowly. Carefully chewing your food can help you recognize when you are full. It takes your brain 20 minutes to get the message from your stomach that you are full.
- ✓ Pay attention to your fullness cues. Stop when you feel comfortably full.

