

eating

Your **eating** style is a manner of expression that has taken years to cultivate. For example, do you gulp down your food in a hurry, or eat on the run? Do you put another bite into your mouth before finishing the last one? These acquired eating habits are all too common in today's busy society, and may lead to weight gain.

When food is eaten too fast, your brain does not have enough time to sense that your body has been fed and turn off the hunger signals. It takes approximately 20 minutes before your brain receives the "full" signal from your stomach and intestines. Consequently, if you eat quickly, by the time the signal reaches your brain you have overeaten and can feel uncomfortable.

There are a number of techniques that will help you to slow down and increase the amount of time you spend eating.



Put your cutlery down between each bite – Put your cutlery down between each mouth full and do not pick it back up until you have finished chewing. This takes a surprisingly large amount of effort.

Pause at some point during the meal for at least three minutes and do not eat during this time – Use this time to enjoy the taste of the food and have a conversation with those who are having dinner with you.

Use as many senses as you can to enjoy your food – For example smell and texture.

Set a limit – The Quick Loss Program provides you with specific grammages so you know what the correct amount to eat is.

Cook only enough to eat at each meal – Avoid cooking large amounts thinking you can use the leftovers for another meal, as this may lead to temptation after your meal for seconds.

Pay attention to your appetite – Gain awareness of your appetite throughout your meal. You may notice you eat more slowly when you are not as hungry.

Use a small plate – Avoid using a huge plate, as this can shrink the look of how much you are eating. If your food covers most of your plate you feel like you are consuming a bigger meal as opposed to the other way around.

Reference:

<http://www.primusweb.com/fitness/path/to/weight/style.htm>

<http://www.medicines.com/features/chewingwell.htm> International WellBeing Magazine 2004, Issue 96

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