Practical Tips for Weight Control

Getting weight under control is challenging! This week, try using one or two of these common sense pointers to help you:

✦ Drink a glass or two of water before you sit down to eat.
✦ Eat breakfast. People who do tend to eat a healthier diet.
✦ Eat slowly. Set down your fork between bites. Enjoy each bite.
✦ Concentrate on your food. Don’t read or watch television.
✦ Use smaller plates, spoons and cups. You’ll eat less.
✦ Purchase items in smaller packages, or immediately repackage items into smaller portions if you buy in bulk.
✦ Get familiar with appropriate portions. Weigh and measure, or buy pre-portioned, single-serve meals as you learn.
✦ Never eat directly out of a box. Instead, use a bowl and put the box back in the cupboard. (Step away from the box . . . )
✦ Sit when you eat. Savor. Enjoy.
✦ Limit alcohol. It stimulates appetite, weakens will power and is high in calories (calories without nutrition).
✦ Stop eating when you begin to feel full.
✦ Do without large, sweet beverages.
✦ Plan ahead and pack healthy snacks for work or travel.
✦ Cook simple. Cook real foods. Skip the sauces.
✦ Try to prepare more meals at home.
✦ When you do eat out, share an entree, box up half your food before you begin or order an appetizer as your main meal.

January 16 - 22 Is Healthy Weight Week

Prayer: Creator and restorer of life, help me safeguard this body you have given me. Let me learn to care for it properly and honor it for the blessing it is. Amen.

New Research About Overeating

Recent scientific studies have shed light on some of the phenomenon behind the obesity epidemic.

Eaters Are Copy Cats. People model the amount they put on their plates by others’ plates! They look at what family or co-workers are doing and fill their plates similarly. Research shows that all it takes is one big eater at the table, and everyone else feels okay loading up. Suggestion: Plan how much you will eat before you sit down. If you can, sit near those who eat healthy foods and smaller portions.

More Variety Means More Eating. Too many flavors all at once and a wide selection of foods result in an over-stimulated appetite center. The more we have to choose from, the more we eat! One study showed that increasing the variety of foods available increased consumption by 60 percent. Suggestion: Plan how many different things you will put on your plate before you reach the buffet line.

Processed Foods Play Tricks. The food industry spikes foods with extra flavors. Sugary foods now have salt, and salty foods have sugar added. That makes our brains want more. Suggestion: Eat more real foods and fewer processed foods.

Larger Portions Equal Greater Consumption. People are likely to finish whatever portion they are served. When subjects ate soup from bowls that had been rigged to be endless, they ate 73 percent more than those with ordinary bowls. A stomach can hold up to three pints of food, and its ability to expand can play havoc with eating modest amounts. Suggestion: Learn to recognize your body’s hunger and satisfaction signals. Eat slowly and keep in mind it takes 20 minutes for your stomach to get its signals to your brain.

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