

Change Your Eating Styles

It isn't a
diet
It is a
Lifestyle

weight-is-second.tumblr.com



Deaconess

**WEIGHT LOSS
SOLUTIONS**

5 Habits: Supporting the Goal of Healthy Eating

1. Planning
2. Proper Portions
3. Proportionate
4. Proper Place
5. Peaceful Environment



#1: Goal Supporting Eating Habit

Plan for:

1. Meals
2. Groceries
3. Eating Out
4. Quick Meals



A screenshot of a 'Weekly Meal Planner' template. The title 'Weekly Meal Planner' is in a green box at the top. Below it are columns for Monday, Tuesday, Wednesday, Thursday, and Friday, each with a color-coded header and sub-headers for Breakfast, Lunch, and Dinner. Saturday and Sunday are also color-coded. To the right of Saturday and Sunday are two larger sections: 'Recipe Review' (orange) and 'Grocery List' (yellow), both with multiple horizontal lines for notes.

Weekly Meal Planner				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner
Saturday	Sunday	Recipe Review		Grocery List
Breakfast	Breakfast			
Lunch	Lunch			
Dinner	Dinner			

Why Plan?

Planning ahead helps break the loss/regain diet cycle



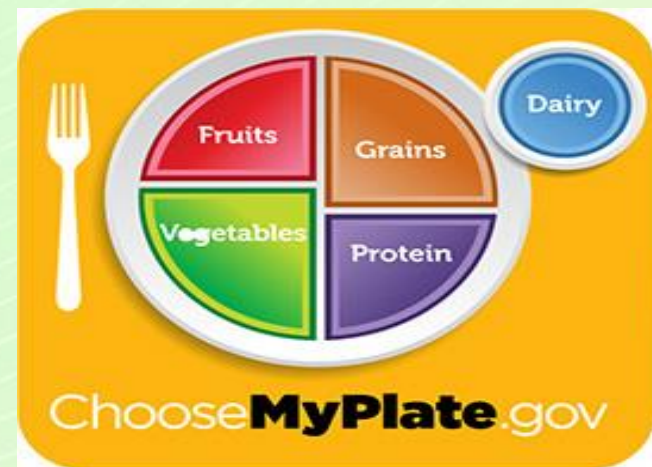
Fact:

80% successful weight managers reported planning for food intake ahead of time

#2: Goal Supporting Eating Habit

Portion Control helps:

- Reduce calories
- Avoid overeating

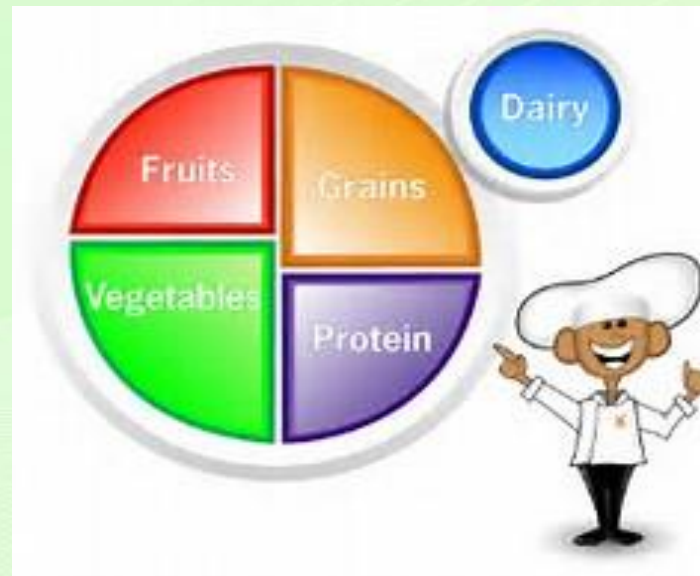


Taking in more calories than you burn will cause weight gain.

Using the 9 inch plate method shown above will help with portion control.

#3: Goal Supporting Eating Habit

Proportionate-balancing meals out:



No one food item or food group will supply all the needed nutrients.

The Plate Method Helps to Balance Meals



Balance Your Meals with:

- Meats/Protein
- Fruits
- Vegetables
- Grain/Starch
- Dairy

#4: Goal Supporting Eating Habit

Proper Location to Eat: At the Table in
the Kitchen or Dining Room



When we eat in other locations such as the in front of the TV, in the car, or when working on the computer, we will have the tendency to overeat. We are not concentrating on the eating process itself, when we eat in these other locations. The focus becomes the activity, which can lead to eating more.

#5: Goal Supporting Eating Habit

Peaceful Environment:



A peaceful environment at meal time helps bring enjoyment to the meal. One will not feel rushed. When rushed at meals, there is a tendency to eat too fast and too much.

Did You Know???

It takes about 20 minutes for your brain to process that you have had enough to eat.



Tips for slowing down the pace of eating:

1. Put the fork down between bites
2. Cut up the food into small size bites
3. If you eat in 10 to 15 minutes, wait 10-15 minutes prior to going back for seconds and ask yourself if you are still hungry.

5 Habits: Derailing the Goal of Healthy Eating

1. Grazing
2. Grabbing and Going
3. Gulping
4. Gorging
5. Goodies



#1: Goal Derailing Eating Habit

Grazing -means eating all day long



Grazing:

Usually takes place in the wrong setting

Is hard to control calorie intake

Is hard to eat balanced meals/snacks

Makes it hard to pay attention to your body's hunger cues

Helpful Hint to Overcome Grazing:

Have established meal and snack times. If you find you want to eat and it is not a meal or snack time, ask yourself if you really are hungry. If not hungry, then find something enjoyable to do until it is a meal or snack time.

#2: Goal Derailing Eating Habit

Grabbing and Going—often means eating a fast food item that tends to be high in calories



Grabbing and Going:

Often takes place in the wrong setting.

Takes away the enjoyment from each bite because it is usually eaten too fast.

May cause one to even forget what has been eaten.

Helpful Hint to Overcome Grabbing and Going :

Plan ahead for meals that you may eat out. Prepare meals ahead of time and freeze, when a quick meal is needed. Make TV dinners from the leftovers at meals when a quick meal is needed.

#3: Goal Derailing Eating Habit

Gulping-eating very fast



Gulping:

Adds calories fast

Hard to recognize when you are full



Helpful Hint to Overcome Gulping:

Put your fork or food down between each bite

#4: Goal Derailing Eating Habit

Gorging –overeating /eating until you are stuffed

Gorging:

Will result in excessive caloric intake

Difficult to sense when your body is full

Eating too much of any food, including a healthy food, is gorging.



Helpful Hint to Overcome Gulping:

Use the small 9-in dinner plate at meals

Portion foods out

Eat one plate of food

Take 20-30 minutes for meals

#5: Goal Derailing Eating Habit

Goodies –generally high in fat and sugars



Goodies:

Can cause weight gain due to “empty calories “
Wreaks havoc on blood sugar control

Helpful Hint to Overcome Goodies:

Plan for a “goodie” to be an occasional food
Watch the portion size on the “goodies”
Find healthier substitutions for the “goodies” you like

How to Change Your Eating Style?

- Step 1: Complete the Eating Style Self Assessment. The assessment is the nutrition activity for this lesson on Change Your Eating Style.
- Step 2: Identify an eating style(s) that you currently need to improve.
(Review your answers to the Eating Style Self Assessment tool).
- Step 3: Review the Change Your Eating Style handout(s) that pertains to the eating style(s) you have identified that needs improvement. The handouts are located in the Change Your Eating Style nutrition lesson section of the website.
- Step 4: Devise your plan for how to improve your eating style(s).
- Step 5: If your plan works for you in dealing with your problem area, then continue the plan.
- Step 6: Revise the plan if it is not working for you.

