

Winning the Food Fight

Staying in control of what we eat can be challenging in a world filled with temptations. And with every New Year, we make a resolution to eat better, exercise more, and be happy. I came across a recent article in Eating Well that gave helpful hints on winning the food fight and slimming down for good. The following tips will encourage you to take control of your eating habits:

1. **Keep a food diary.** Record everything – Having a visual of what you eat and keeping track of calories can help you discover behaviors that lead to weight gain.
2. **Plan for the occasional piece of cheesecake.** Studies suggest that feeling deprived can actually trigger overeating. So, learn to eat the foods you binge on in moderation.
3. **Eat with intension.** Have your meals in a designated place without distractions, so that your eating has a beginning and an end. Make sure to eat slowly. Stop to put down your fork between bites, feeling yourself becoming fuller.
4. **Give up grazing.** Eating regularly helps prevent feeling deprived and hungry, but avoid grazing. Plan four “eating episodes” to avoid going long stretches without eating. **Do** eat breakfast, lunch, dinner, and a 250-calorie snack in the mid-afternoon. Make sure to include protein with each meal to keep you going strong.
5. **Hide tempting foods.** Don’t let yourself see what you don’t want to eat. This may be hard to do at the office, but avoid trips to the break room or kitchen. At your home, keep apples and oranges in a bowl on the counter.
6. **Find healthy outlets for emotions.** It is important to find ways to experience negative emotions with a response other than eating or “binging.” Exercise is a great way to relieve stress, boost energy, control weight gain, and keep your body strong. Finding a “work out buddy” can also help you stay accountable and make exercise fun! The more you practice these alternative behaviors, the more automatic they become.

As always, before initiating an exercise or diet program, please consult with your physician. Looking to join a gym but don’t know what to do? You can become a member of our state of the art fitness center for a low monthly fee. And yes, you can bring a friend with you! Just call our facility for more information.

<http://www.eatingwell.com/nutrition>

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