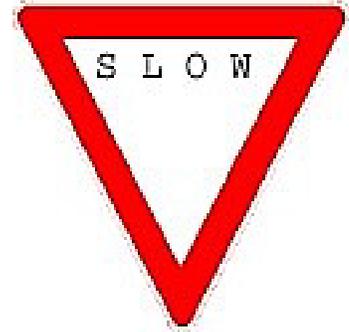


## ***Slow Down... You Eat Too Fast...***

Almost everybody who has extra weight on his or her body eats too fast. It goes down so fast, you don't really taste it! Watch people do this sometime- you'll be amazed. Taking huge bites and gobbling food down like there was no tomorrow ends up with a person being totally stuffed before stopping. This is a sure-fire way to gain weight. You may have learned to do this as a child, or in the military. But that was then and this is now. You don't have to eat like that anymore. Here are some tips to change:



- When you eat slowly, you will be satisfied with less, and you will eat less.
- Before every eating occasion, mentally tell yourself to eat slowly, and to taste and enjoy every bite.
- Put your fork, knife, and spoon down in-between every bite. EVERY bite!
- Taste! Taste! Taste! EVERY bite...
- Put a written reminder in front of you on the table to slow down, take your time, and enjoy what you eat.
- Try not to respond to others around you who are eating fast.
- Learn to feel satisfied before stuffing yourself. Here's how:
  - ✓ Completely stop eating half way through your meal. Ask yourself "How hungry am I now? Am I any less hungry than when I started? Am I beginning to feel satisfied"?
  - ✓ Do that again  $\frac{3}{4}$  of the way through your meal. Stop eating, and ask yourself the same questions.
  - ✓ Do it again when you are finished. Are you satisfied, but not stuffed?
  - ✓ Before eating seconds, wait 5 minutes and then ask yourself the same questions again. Are you still really hungry? Or is it just that you are not stuffed like you used to be? Are you satisfied for now?