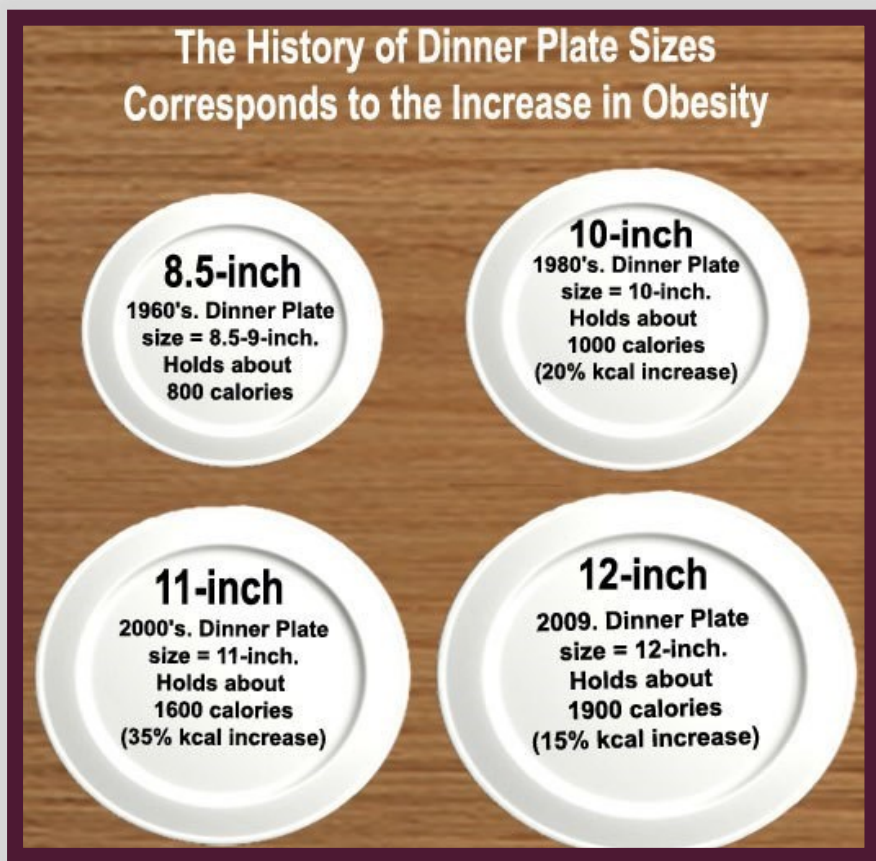


You can eat well while enjoying the pleasures of the table if you mindfully savor your food in sensible ways rather than eating mindlessly.

Mindless consumption has many people overeating and eating larger portions than they need. Here are a few tips to let you know how much should be in a portion and how to make sure you are eating a proper portion at each meal.



- 1. Use smaller plates and bowls.** Instead of a 12-inch dinner plate, use one that's 10 inches or even 8. You will feel fuller with less food especially if you are in the habit of eating until your plate is empty.
- 2. Use tall glasses.** If two glasses both hold the same amount of liquid, our brains will always estimate that there is more in the taller, more narrow glass than in shorter, wider one. If you are drinking beverages with calories you may be satisfied with less from a tall glass. (Or, just drink water and it will not matter!)
- 3. Put away the leftovers before eating.** Serve food in the kitchen, and immediately put any extra food in the fridge. You will not be as tempted by leftovers if they are out of sight – and already cold – instead of sitting on the kitchen counter or the dining table.



- 4. Turn off the TV.** Studies show that food is more satisfying when you pay attention to what you are eating. If you are watching TV, your body literally may not notice that you have eaten, leaving you feeling hungry.
- 5. Slow down.** The best part of every bite is savoring the taste in your mouth. See how long you can savor each bite before taking another, rather than chewing just enough to gulp it down.
- 6. Make healthy choices easy.** Have fruits and vegetables washed and pre-cut so they are readily available in refrigerator. You will be much more likely to eat them!