



Healthy Eating Tip

Control Your Appetite

Food is both a necessary and enjoyable part of life. With that said, some of us have a harder time controlling how frequently we eat. In some cases, we may eat as a response to our emotions, such as boredom, stress or sadness. Understanding when we should and should not eat is just as important as the significance of eating. With a little more focus and mindfulness, we can create an awareness that will help us control appetite and nourish our bodies in a healthy and satisfying way.

Tips and Tricks

1. **Eat breakfast daily.** Try to eat breakfast around the same time every day to create a healthy eating pattern and to avoid extreme hunger by mid-morning.
2. **Eat often, not a lot.** If meals are more than 4 hours apart, plan for snacks to avoid extreme hunger. Have healthy snacks on hand in case meals are delayed and to avoid any unhealthy temptations.
3. **Power up with protein.** Include a protein choice at each meal and snack. Keep meat and poultry portions small and lean and aim to have seafood twice a week. Also, try eating beans as they are a great sources of fiber and protein.
4. **Hydrate.** Thirst can often be masked by hunger. Instead of immediately rushing to the vending machine or snack bowl, consider opting for a glass of water and then re-evaluate your hunger level to ensure it is truly hunger.
5. **Be mindful & slow down.** If you are eating, eliminate distractions and focus on your current food source. When we multi-task while eating we do not realize how much is being consumed.
6. **Use the hunger scale.** The hunger scale will help you decide when to eat and when to stop eating. See the reverse side for details.

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Healthy Eating Continued...

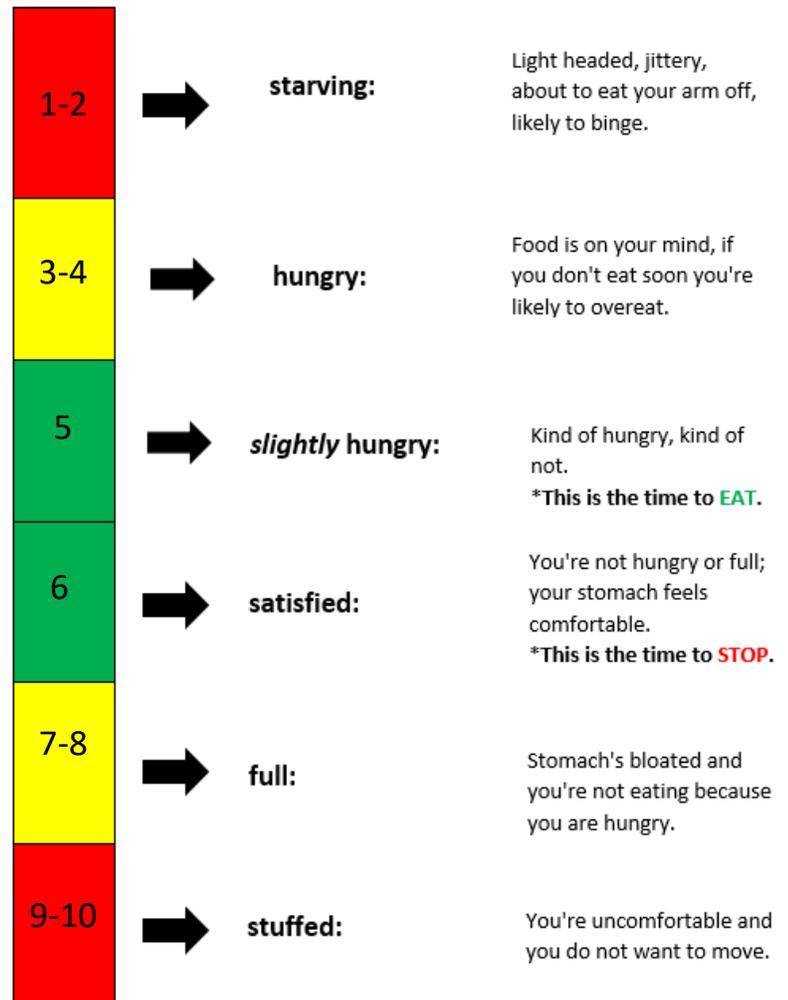
Hunger Scale

What is it? The hunger scale is a tool used to help prevent you from overeating and control your weight.

Goal: Learn when to encourage eating as well as how to create awareness and stop when you are satisfied.

How it works: Use the hunger scale before, during and after a meal. Before a meal, rank your hunger on a scale of 1 to 10 to help decide if you really need to eat. A ranking of 1 means "starving", a ranking of 6 means "satisfied" and a ranking of 10 means "stuffed—I can't eat another bite".

As mentioned on the previous page, occasionally, hunger is not really hunger at all. This sense of hunger could be a response to an emotion or a craving triggered by an external source. Halfway through a meal, take a break from eating and refer to the hunger scale to decide if you are getting full and should stop eating altogether. For example, if you rank your hunger at 5 or higher, you should probably push away from the table. If you rank your hunger at a 10 after finishing your meal, this may be a good indication that you ate too much and you should try to be more mindful next time.



tip

It takes 20 minutes for your stomach to alert your brain that it is full. If you eat quicker than 20 minutes, try pausing for a minute or two to ensure you are still clear of the 9-10 red zone.

Sources:

www.todaysdietitian.com

www.eatright.org