

STAYING TRIM WITH EATING-BEHAVIOR MODIFICATION

- Enlist the help of your family in your weight loss attempt. It does not help to have another family member pigging out if you are attempting to limit what you eat.
- Try to change the family food buying habits. Realize that the way your family eats influences the way you eat. Read the nutrition labels on the food you buy.
- Give the unopened high calorie foods and snacks currently in your house to a food bank or relatives living in another household.
- Keep an accurate food diary of everything eaten for at least 2 weeks. You'll probably be surprised at what and when you eat.
- Realize that certain activities (watching TV) or times of day, (coming home from school) are often the times when you eat junk food without even thinking about it. Change these habits.
- Eating is to be allowed only at a set dinner table, and without any diversions such as TV, radio, etc. Resist food that is offered to you away from the dinner table.
- Get to know your family members again by striking up a conversation or two at the dinner table. The sit-down family meal has proven to be the single best way of keeping in touch with your family and passing on your values to them.
- Eat with a smaller, blunted salad fork. This avoids the tendency to shovel the food in faster than you should.
- Use smaller breakfast dishes for each meal; smaller portions look bigger on a smaller plate.
- Have food served directly onto the plates. Do not use family-style service with bowls of food. You should take a fair amount of food, but no seconds.
- Place the fork down between bites. Do not pick up the fork again until the previous bite has been fully chewed and swallowed. This gives your stomach a chance to feel full.
- Do not become a human garbage disposal. Excess food may either be placed back in the refrigerator, given to pets, or put down the mechanical garbage disposal.
- Pack a lunch to school. Try to avoid the high calorie school lunches and desserts.
- Limit fast-food restaurant meals to no more than one time per week.
- No eating while watching TV, **period**. You may have only a diet soda or water if watching TV.
- Limit TV and videogames to 10 hours per week total. While we're at it, move the TV out of the bedroom. TV commercials try to sell high calorie food and snacks. Dance to a kick-ass stereo instead. A TV in the bedroom is **DIRECTLY** connected to becoming overweight.
- Be active instead. Join a sports team or health club. Take a family walk or a family bike ride each night. Take the stairs rather than the elevator.
- Limit milk to 8 oz. per day, but fat-free dairy products are a better choice.
- Limit fried foods, and instead, eat baked, boiled, or steamed foods. Raw vegetables and fruits have fewer available calories than when they are completely cooked.
- For the occasional snack, try low-fat popcorn or low-fat frozen yogurt.
- Drink Crystal Light, diet sodas, or water only. There are **nine** teaspoonfuls of sugar in a 12 oz. can of Coke or Capri-Sun.
- Take vitamins if your parents are concerned about inadequate nutrition.
- Let's face it, it's politically incorrect for doctors to put kids on diets, so try doing everything on this list. If you fall off the program, just get back on it again. **GOOD LUCK!**