

HEALTHY HACKS

Eating Mindfully & Taking Control

WHEN AT HOME...



1. Sit down
2. Slowly eat
 - Drink a large glass of water beforehand, and in between helpings
 - Put your utensils down between bites
 - Use non-dominant hand
 - Research shows that you mimic the pace of the person you are eating with: "pace, don't race"
3. Savor food
 - Avoid "Zombie eating" and activate your senses
 - The first bite is often the most flavorful because it is a new sensation
 - Make your food beautiful! Arrange your snack on a plate instead of eating from the container
4. Simplify environment
 - In sight in mind, out of sight out of mind
 - Place healthy foods in your environment to act as visual cues
 - Use a smaller plate
5. Smile
 - Take a breath to manage stress
 - Enjoy the experience
 - Smiling releases positive emotions
 - Spend 5 seconds to give thanks for your food and/or to center yourself

WHEN AT A RESTAURANT...



1. Plan ahead:
 - Suggest a restaurant that you know has healthy options.
 - Eat a snack before going so that you're not starving when you get there
 - Look at the menu beforehand and know what you going to order in advance
2. When ordering:
 - Keep your eating plan in mind: vegetables, lean proteins, and whole grains
 - Order slowly and space out the food (ex. tapas)
 - Scan the buffet line prior to putting everything on your plate
 - Ask waiters to box half of the meal before it comes out
 - Order a small coffee or tea to sip after you eat (it takes about 20 minutes for you to "feel" full)
 - Order drinks with half sugar or save the sweetened lattes for weekends
3. While eating:
 - Put a line in the middle of what you're eating to notice the visible split
 - Eat a salad or veggies on your plate before starting in on the comfort foods (Veggies to cure the hunger, comfort food for savoring/tasting)