

# MINDFUL EATING

The average person makes over 200 decisions about food every day.

Goal: Make a 100-200 calorie change in your daily food intake by re-engineering hidden persuaders that cause you to overeat.

- \_\_\_ SPA (Stop, Pause, Assess)
- \_\_\_ Take small bites
- \_\_\_ Chew 20 times per bite
- \_\_\_ Take 20 minutes to eat minimum (slow music can help)
- \_\_\_ Be the last to start eating and the last to finish
- \_\_\_ Use your taste buds – taste the flavor of each bite
- \_\_\_ Chew (20 times) – swallow – pause – pick up fork – put fork down - repeat
- \_\_\_ Smell your food
- \_\_\_ Write down everything you eat
- \_\_\_ Avoid foods that you had not thought about eating until you saw them
  - Food sitting out
  - Aromas at a mall
  - Someone else eating
  - free samples
  - extras that come with a meal
- \_\_\_ Avoid free food
- \_\_\_ Always leave something on the plate – no cleaning the plate
- \_\_\_ Use “food trade offs”
  - I can eat dessert, if I exercise

We underestimate “things” as they get larger, example – Calories in a supersize meal are underestimated more than the Kid’s meal.

People don’t eat calories, they eat volume. Given a lot, we eat a lot.

Americans have larger kitchens, pantries, and refrigerators than most foreign countries

- \_\_\_ Cut all sandwiches into four parts
- \_\_\_ Buy smaller quantity packages
- \_\_\_ Eat with a salad plate, use only small bowls
- \_\_\_ Drink from a tall narrow glass versus short and wide
- \_\_\_ Eat fruit for dessert
- \_\_\_ Half plate rule:
  - ½ plate vegetables
  - ½ plate protein and starch
- \_\_\_ Eat fruits and vegetables first
- \_\_\_ Ask waiter to pre-wrap ½ of entrée when ordering
- \_\_\_ Drink one glass water per glass calorie drink
- \_\_\_ Use a smaller diameter straw

We let the size of a serving determine how much we eat.

We determine what a serving size is by the size of the bag or the bottle, no matter how large.

## Re-engineer your environment

- Cover food with foil versus clear wrap
- Close pantry door
- Only eat while sitting – at a table
- Stock refrigerator at work with only healthy choices
- Avoid walking past the vending machine
- Keep food out of sight

When presented with a variety of food options, we tend to eat more.

### Buffet - Party

- “Scout” out the entire table and food choices before picking up a plate
- Focus on low-calorie “wants” first
- Limit yourself to two food items on your plate at one time

Develop “Pause” Points with food. Give yourself time to think.  
The more hassle it is to eat, the less we eat.

- Move food further away
  - Back of the refrigerator or pantry
  - No bread on the table
  - Not available in the home or at the office
- Individually wrap foods
- Pay cash versus debit or credit card. No lunch debit card.

Hidden Persuaders that lead to Mindless Eating – do not be distracted  
from thinking about what you are eating.

- TV
- Newspaper
- Radio – iPod
- The amount and speed others eat may influence you
- Sit next to the slowest eater

\*Use the above suggestions to increase your intake of healthy foods, example: fruit bowl on kitchen counter.  
Make your environment work for you versus against you.

Mindless Margin Checklist – [www.mindlesseating.org/free](http://www.mindlesseating.org/free)

- Choose 3: Make three 100-calorie changes in your daily food routine for one month.

\*“Mindless Eating”, Brian Wansink, PH.D.

A Newtritious You!



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