

# New weight loss strategy: Slow down when you eat!

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When I meet with individuals to help them identify ways to reduce weight I generally encourage 3 key concepts. 1. Eat balanced meals that keep your body satisfied for 4 hours 2. Keep the tempting foods OUT of the house (they will “call your name” to come eat’em!) 3. If you are a fast eater, learn to eat slowly. The effectiveness of this last strategy was confirmed in a recent study. (See below.)

How to eat slower (like the French!):

1. Sit down and eat at the table (it is called dining!)
2. Set a table that feels special—candles, place mats, flowers, etc.
3. Creating a “dining” atmosphere might help you slow down and taste the food (as if you were in a fine restaurant).
4. Eat foods with a fork and knife most of the time. So many American foods are foods that we eat with our hands. When we eat with our hands we tend to take bigger bites and tend to swallow quickly to get in the next bite . . eg. faster eating!
5. TASTE your food. Take small bites and enjoy the flavor in your mouth. The minute you swallow the food . . . ALL the pleasure is gone. Small bites. . . taste . . enjoy . . . swallow.
6. Include 4 oz. of wine with your meal. . . it may help create the fine dining experience and help you slow down!
7. Eat in courses like the French . . broth soup, salad (to fill you up) . . then a small entrée

Read more:

<http://blogs.bellinghamherald.com/healthyating/#ixzz1eMQU6gwx>