

Changing the pace of eating:

- Take smaller bites
- Put less food on each forkful
- Put utensils or sandwich down between bites
- Sip water between bites
- Talk more
- Focus more on flavor, texture
- Use the salad fork instead of a dinner fork
- Sit down to a nice place setting – use place mats, napkins, goblets
- Put a sticker on the table that cues you to “slow down, enjoy”
- Observe a moment of silence or prayer before a meal or snack
- Start with a lower-calorie, bulky food to take the “edge” off your appetite
- When you eat with others, pace yourself after a slower eater – try to be the last to finish a meal.
- Pretend you’re watching yourself in a mirror

Eliminating cues:

- Sit instead of stand when you eat
- Don’t do anything else (watch TV, read) when you’re eating; instead, eat with soft music or good company
- Choose a consistent place for meals that is conducive to a good eating experience (not in front of the TV, not in your bedroom)
- Avoid eating at your desk, or at least move work out of the way
- Set guidelines for yourself: for example, no food in bed, no drive-through meals in the car, etc.
- Make food less visible and available
- No candy dishes or cookie jars
- Wrap items in foil instead of plastic so you don’t have a visual cue when you open the fridge/cupboard
- Place stickers to cue “STOP” inside cupboard doors and refrigerator
- Remove the light bulb from the refrigerator
- Keep serving dishes off the table
- Serve yourself whenever possible
- Buy smaller portions of meats/don’t cook a whole box of pasta
- Put leftovers away immediately or freeze them for another meal
- Avoid tempting aisles (bakery, for example) in the grocery store
- Don’t shop on an empty stomach
- Change your route if necessary to avoid vending machines
- Make meal or snack times pleasant
- Schedule and plan snacks to limit “knee-jerk” eating