Slow Down… You Eat Too Fast…

Eating too fast is almost always a problem for overweight people. Feeling full takes time, and so should eating.

Here are some tips:

- When you eat slowly, you will feel satisfied with smaller portions and eat less.

- Before eating, mentally tell yourself to eat slowly and to taste and enjoy every bite. Start this by putting a written reminder in front of you on the table.

- Put your fork, knife, and spoon down in-between **every bite**.

- You don't have to eat quickly just because others are eating fast.

- Learn to recognize and respond to early feelings of fullness. As soon as you start to feel satisfied, stop eating, and save what is left for the next meal. Here's how:

  o Stop eating ½ way through your meal. Ask yourself:
    - How hungry am I now?
    - Am I any less hungry than when I started?
    - Am I beginning to feel satisfied?

  o If you continue eating, stop again ¾ of the way through your meal. Ask yourself the same questions.

  o If you eat everything, ask yourself if you are satisfied. If you feel stuffed, then next time, try stopping earlier.

  o Before eating second helpings, wait 5 minutes and then ask yourself the same questions again.