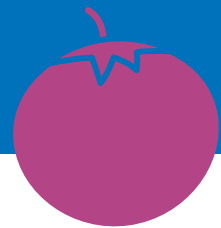


Intuitive EATING TIPS



Make eating mindful

- Have regularly scheduled eating events
- Choose a spot at home just for eating, maybe the dining room or kitchen table
- Relax while eating and use all your senses to best enjoy your meal
- Avoid grazing, nibbling, and picking throughout the day, set out your portion and put the container/bag away
- Avoid distractions when eating like watching TV or being on the computer/phone
- Avoid eating out of habit or from behavioral triggers like boredom, stress, and emotions
 - Instead try: exercise, reading a book, calling a friend, try a new hobby

Plan ahead

- Pack food and fluids for busy days
- Use a cooler or insulated bag to carry food
- Bring your own food to social events if you aren't sure what will be served
- Use measuring cups, measuring spoons, or hand models to understand appropriate portion sizes

Listen to your stomach

- Stop eating at the first sign of fullness
- Eat slowly, take small bites, and chew thoroughly
- Set your fork down in between bites
- Foods high in protein and fiber help control hunger so fill up on these foods first

Keep a food log

- When you write it down, you are being more mindful about what you choose to eat or drink and why
- Take note of how you feel when eating and drinking. Are you eating because you are stressed or tired, or are you eating because your stomach is hungry?

Modify food shopping habits

- Avoid grocery shopping on an empty stomach
- Make a shopping list and stick to it
- Most whole unprocessed foods are found along the outer edge of the store. Avoid temptation by avoiding the aisles
- Buy only the items that are necessary for you and your family

Find exercise/movement you enjoy

- Look into different classes - yoga, Pilates, kickboxing, ballroom dancing, spin class, water aerobics, etc. Classes can be in-person, online streaming or on DVD
- Get outside and try hiking, biking, walking, or jogging. Take a friend or dog with you!

Restaurants

- Call the restaurant in advance for a preview of the menu. Many chain restaurants post their nutrient information online
- Don't be afraid to ask for special orders like food to be baked or broiled without added butter or fat
- Try ordering one dinner and splitting it with a friend or spouse
- Ask that bread or rolls be removed from the table to avoid overeating before the main meal arrives

