

# Slow Down, You Eat Too Fast

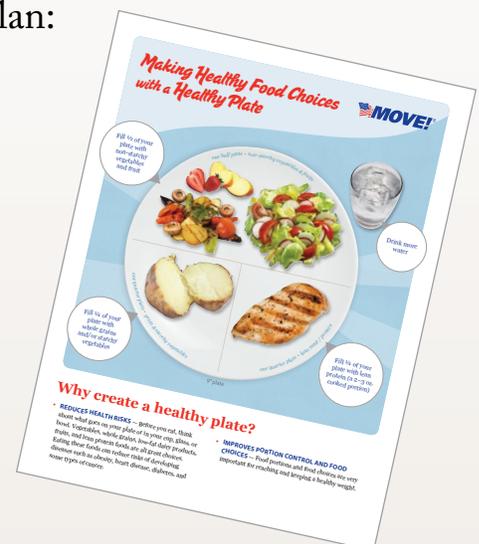
**Eating too fast is a common problem. Feeling full takes time.  
Learning to eat slowly takes practice!**

**Here are some suggestions:**

- When you eat slowly, you will feel satisfied with smaller portions and eat less.
- Before eating, tell yourself to eat slowly and to taste and enjoy every bite. Post a reminder to eat slowly in front of you on the table.
- Put your fork, knife, and spoon down in-between **every bite**.
- Don't 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 is a plan:

- Use the *Making Healthy Food Choices with a Healthy Plate* handout to build a healthy plate.
- For each section of your plate, cut the foods in that section in half.



- Eat only the first half of each section of the plate, then ask yourself:
  - **How hungry am I now?**
  - **Am I any less hungry than when I started?**
  - **Am I beginning to feel satisfied?**
    - ♦ **If yes, stop eating and save the rest of your meal for later.**
    - ♦ **If no, cut the foods in half again. Continue eating.**
- Stop again when you are halfway through your meal. Ask yourself the same questions above.
- If you eat everything, ask yourself if you are satisfied. If you feel stuffed, then next time you eat, try stopping earlier. Before eating second helpings, wait 5 minutes and then ask yourself the same questions above.

