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 handout to build a healthy plate.
  • For each section of your plate, cut the foods in that section in half.

Live Well! Eat Wisely
· 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.