

## Empowerment Tips

1. Eating as a ritual- Meal time rituals allow us to recognize the importance of eating and it brings a certain level of respect to food. On the other hand, frequent overeating can be seen as disrespecting the power of food.
2. Plan your meals and snacks- If you fail to plan, you plan to fail. We have all heard that quote before. Avoid skipping meals, carry high protein and high fiber snacks with you so you are less tempted to purchase simple sugars that are usually packaged and readily accessible.
3. Time your meals properly- Do not allow more than 5 hours to go by without “fueling” your body with the adequate nutrients. If you skip meals it will catch up on you and cause overeating and larger portions at meal time.
4. Be in tune with your body-Listen to your satiation cues. You do not need to finish everything that is on your plate. Be sure you are eating enough to hold you over until the next time you eat, without getting to the point of feeling “stuffed.”
5. When you eat , you eat! Do not do anything else when eating. Avoid eating in front of the television, eating in front of the computer, eating on the go, driving in the car, reading, etc. Focus on the food. Practicing eating awareness will aid in digestion.
6. Presentation is everything- Meal presentation will psychologically make the meal taste better. For example- slice your fruit instead of biting into it. Place it on a decorated dish instead of on a paper plate. This will also make you eat slower and makes you feel full.
7. Eat slowly- Take a breath between bites. Do not take the next bite until you have swallowed your food.
8. Savor every bite- Take the time to actually feel the texture, flavor and sensation of the food you are eating. Get in tune with your mind, body and senses.
9. Serve yourself on smaller plates- The larger the plate the more you will be enticed to fill up.
10. Cheating- Allow yourself two cheat meals per week. If you feel that you are craving something be weary of giving in, but do not deprive yourself constantly, it may lead to bingeing episodes later in the week.
11. Cravings- The first thing to do when you encounter a food craving is to analyze your last meal. Did you include enough fat? Was it high in sugar to cause a surge in insulin response? How long ago was your last meal?
12. Keep food enclosed in cabinets- Do not allow cookies and pastries to be sitting on the counter. Out of sight, out of mind...out of mouth!

Remember in order to see a change in the way you look and the way you feel, you need to change the way you eat. You need to make a change in the foods you choose, the way you eat, and most importantly your environment in order to begin the metamorphosis!

Food plays such an important role in our metabolic pathway and only YOU are in control of what goes in it!

**GOOD LUCK IN YOUR TRANSFORMATION!**