Flagstaff Counseling Center

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**Modifying Eating Habits**

1. Do nothing else while eating
2. Eat in the same place each time
3. Do not clean your plate
4. Eat on a schedule
5. Slow your eating rate. Put your fork down between bites. Pause during the meal.
6. When shopping for food:
	* Shop on a full stomach
	* Shop from a list and get foods that require preparation
7. When storing foods:
	* Store high calorie foods out of sight
	* Keep healthy snacks readily available (cut and wash fruits and vegetables ahead of time)
8. When serving and dispensing food:
	* Remove serving dishes from the table
	* Leave the table after eating
	* Serve and eat one portion at a time
	* Wait 5 minutes before getting seconds
9. When eating away from home:
	* Order a la carte meals
	* Watch the salad dressing
	* Beware of the breadbasket
	* Be wise with dessert
	* Share your meal with a friend, spouse, or partner
	* Take a portion of the meal home to eat at another time