

Ten Eating Tips to Better Weight Management

1. Avoid 'attacking' your meal. Take a small mouthful at a time and chew well before swallowing. This allows time for the body to respond to the act of eating and increase satiety.
2. Drink plenty of water with each meal. This increases the volume of the meal, and helps with satiety.
3. Use a small dinner plate so that the food appears more abundant.
4. Concentrate on the act of eating. Avoid other activities like playing computer games or watching television while eating.
5. Do not have foods or snacks lying around the house. Confine all food to the kitchen and eat only during planned meal times and at the dining table.
6. Avoid 'communal' sharing of food where it is difficult to quantify the amount of food eaten. Place the food you want to eat onto your plate first before eating and avoid second helpings.
7. Avoid "eat-all-you-can" buffets. You are unlikely to eat the amount required to meet the "value for money" deal and most likely end up "wasting" the extra calories!
8. When eating out at fast-food restaurants, ask for "regular-size" instead of "up-size".
9. Assess your hunger. Stop eating when you no longer feel hungry rather than wait until you feel full.
10. Brush your teeth immediately after a meal or use some other cues, such as a cup of hot tea or a piece of fruit, to tell yourself you are through with the meal.

Please contact KTPH Dietitian at 6602 2420 or YCH Dietitian at 6807 8584 if you have any nutrition related question.

This information is for educational purpose only. This is not intended for use in the diagnosis or treatment of any health condition without consulting a qualified healthcare professional. Yishun Health shall not be responsible for any injury nor damage caused to any individual as a result of using this information, directly or indirectly. You should seek the advice of your healthcare professionals in relation to queries pertaining to any health condition. Please contact Khoo Teck Puat Hospital at (65) 6555 8828 if you wish to make an appointment to consult with our dietitians or pharmacists. You may download and print this information for your personal use only. You may not reproduce, distribute, modify, transmit, post, or otherwise use this content for public or commercial purposes without prior written permission from the Nutrition & Dietetics Department, Yishun Health. All rights reserved. ©



Yishun Health is a network of medical institutions and health facilities in the north of Singapore, under the National Healthcare Group.

Admiralty Medical Centre • (65) 6807 8000 • www.admiraltymedicalcentre.com.sg

Khoo Teck Puat Hospital • (65) 6555 8000 • www.ktph.com.sg

Yishun Community Hospital • (65) 6807 8800 • www.yishuncommunityhospital.com.sg