

Stimulus Control

BUYING YOUR FOOD

- Always shop from a shopping list. It may be useful to plan weekly menus.
- Have a scheduled day for groceries shopping. This habit may prevent you from overbuying on different days and also provide additional time that can be used for exercise.
- Shop for food only on a full stomach. This may help prevent shopping on impulse.
- Only carry the amount of cash needed for foods on shopping list.
- Avoid the confectionery, snacks and drinks aisles that display foods or beverages that may tempt you.
- Avoid ready-to-eat foods and calorie-dense snack food items. Buy only appropriate foods that help you stick with your plan.
- Buy more fruits and vegetables (fresh, frozen or canned).

STORING YOUR FOOD

- Keep the low calorie foods where you can see them easily at eye level or at the front of the refrigerator or cabinets.
- Store the high calorie foods in opaque or difficult-to-open containers and at the back of the refrigerator or cabinets.
- Keep the coffee tables free of snack foods. Place a fruits basket instead.
- Remove inappropriate foods from the living room, away from the TV, out of the car and bedroom drawers.

PREPARING YOUR FOOD

- Avoid nibbling while preparing food.
- Prepare only the amount of protein (e.g. red meats, poultry, seafood) and carbohydrate (e.g. rice, noodles) foods that you will need for the meal but prepare extra vegetables.
- Prepare packed lunches while dinner is being prepared so as to minimize contact with food.
- Reduce meat portions in a meat dish and bulk it up with extra vegetables, beans or legumes.
- Make healthy foods as attractive as possible in preparation and presentation.

SERVING YOUR FOOD

- Drink 1-2 glasses of plain water before meal to fill up the stomach slightly so that you will have less room for food during meals. This may help reduce food intake.
- Use a small dinner plate so that food appears more abundant.
- Serve the amount of protein food you are going to eat for the meal onto the plate to avoid helping yourself to more. You can help yourself to more vegetables.
- Avoid eating small pieces of fried or deep fried food. The smaller the piece of food, the more oil it will absorb. For example, nuggets will have higher oil content than a whole fish when both are being fried.
- Avoid using the kitchen or the dining table as the social centre
- Leave the table immediately after eating.
- Save leftovers for another meal instead of finishing what is left on the table.

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

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