

# Controlling Food intake

## TIPS TO CONTROL EATING

- Take one small bite at a time and chew food thoroughly before swallowing. This allows time for the body to respond to the act of eating and the food. Avoid attacking your food. Eating should be a pleasurable experience.
- Drink plenty of water with each meal.
- Concentrate on the act of eating. Do nothing else while eating. Avoid other activities like reading or watching TV whilst eating.
- Eat at one place. Avoid carrying meals or snacks to all parts of the house.
- Pause in the middle of the meal and assess hunger. Stop eating when you no longer feel hungry rather than waiting until you feel full.
- Save foods from regular meals to have them as a snack later.
- Follow an eating plan rather than eat haphazardly.
- Brush your teeth immediately after a meal or use some other cue (e.g. a cup of hot tea or a piece of fruit) that states you are through.

## TIPS FOR DECREASING PORTION SIZES

- Always order small portions. Ask for 'half-size' instead of 'up-size'.
- When eating out at fast foods, avoid up-sizing the meal and share a small packet of fries with family or friends.
- Share desserts or snacks or entrée with family or friends.
- Avoid all-you-can-eat buffets.
- 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.
- 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.

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

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