

What Kind of Eater Are You?

Eat large portions

- Measure all foods to check portion sizes.
- Use smaller plates so smaller portions look larger.
- Eat small servings, so you can have seconds.
- Share a meal/snack with someone else.
- Invite a friend to dinner if it will prevent overeating

Eats throughout the day.

- Set up a time schedule for meals and snacks.
- Watch TV, reading a book or get some activity instead of binge or mindless eating.
- Substitute lower-calorie foods or drinks for higher-calorie favorites. Find a satisfying substitute.
- Drink at least one glass of water before eating.
- Stop eating when satisfied.
- Keep lower-calorie foods (fruits, vegetables) for snacks. Make them visible.
- Do not eat unless hungry.
- When hungry, drink a glass of water. Wait 20 minutes. If still hungry, then eat.

Skips meals (usually breakfast and/or lunch) but overeats at dinner or later in the day.

- Set up a time schedule for meals and snacks.
- Substitute lower-calorie foods or drinks for higher-calorie favorites. Find a satisfying substitute
- Drink at least one glass of water before eating.
- Keep lower-calorie foods (fruits, vegetables) for snacks. Make them visible.
- Store high-calorie tempting foods out of site.
- Do not eat unless hungry.
- Before eating anything, ask if really want it.
- Limit all eating to one room in the house. Better yet, limit it to one place in that room.
- Don't do anything else while eating.

Rewards self with food.

- Do not eat unless hungry.
- Find non-food ways to reward self.
- Ask family and friends not to give food as a gift or reward.

Binges on certain foods and beverages.

- Avoid purchasing foods that are tempting.
- Substitute lower-calorie foods or drinks for higher-calorie favorites. Find a satisfying substitute.
- Keep lower-calorie foods (fruits, vegetables) for snacks. Make them visible.
- Keep only foods on hand that require preparation.
- Store high-calorie tempting foods out of site.

Binges when very hungry.

- Keep a food diary, recording all the things that occur prior to eating to analyze behaviors that cause you to overeat.
- Set up a time schedule for meals and snacks.
- Avoid purchasing foods that are tempting.
- Drink at least one glass of water before eating.
- Stop eating when satisfied or full.
- Keep lower-calorie foods (fruits, vegetables) for snacks. Make them visible.
- Store high-calorie tempting foods out of site.

Eats too fast.

- Drink at least one glass of water before eating.
- Chew each bite thoroughly before swallowing.
- Eat foods high in fiber. They require more chewing.
- Plan meals so they do not have to be rushed.
- Establish a quiet mealtime atmosphere, without distraction.
- Never put food on the fork until the last forkful of food has been chewed and swallowed.
- Put your utensils down between bites.
- Cut food into smaller pieces.

Eats high calorie foods.

- Read labels and learn about the calorie and nutrient content of your favorite foods. Avoid those that are high in calories and low in nutrients.
- Store high-calorie, tempting foods in hard-to-reach places.
- Substitute lower-calorie foods or drinks for higher-calorie favorites. Find a satisfying substitute
- Drink at least one glass of water before eating.
- Keep lower-calorie foods (fruits, vegetables) for snacks. Make them visible.

What Kind of Eater Are You?

Cleans your plate (even if not hungry)

- Stop eating when satisfied or full.
- Use smaller plates so smaller portions look larger.
- Eat small servings, so you can have seconds.
- Don't serve food family style. Keep food on the stove or counter top, not on the table.
- Clear table after eating. Pack up the leftovers.
- Leave table after eating.
- Share a meal with someone else.

Eats leftovers so as not to waste food.

- Before eating anything, ask if really want it.
- Stop eating when satisfied or full.
- Don't eat unless hungry.
- Don't serve food family style. Keep food on the stove or counter top, not on the table.
- Clear table after eating. Pack up the leftovers.
- Leave table after eating.

Overeats due to stress or emotions (anger, depression, loneliness, anxiety, boredom)

- Before eating anything, ask if really want it.
- Avoid purchasing foods that are tempting.
- Watch TV, reading a book or get some activity instead of binge or mindless eating.
- Drink at least one glass of water before eating.
- Keep lower-calorie foods (fruits, vegetables) for snacks. Make them visible.
- Keep on hand only foods that require preparation.
- Share a meal with someone else.
- Keep a food diary, recording all the things that occur prior to eating to analyze behaviors that cause you to overeat.

Overeats in social situations.

- Before eating anything, ask if you really want it.
- Drink at least one glass of water before eating.
- Stop eating when full or satisfied.
- Don't eat unless you are hungry.
- When hungry, drink a glass of water. Wait 20 minutes. If still hungry, then eat.
- Don't serve food family style. Keep food on the stove or counter top, not on the table.
- Clear table after eating.
- Share a meal/snack with someone else.
- Ask family and friends not to give food as a gift or as a reward and to support your weight loss efforts.

Easily persuaded to overeat by friends.

- Before eating anything, ask if really want it.
- Drink at least one glass of water before eating.
- Stop eating when full or satisfied.
- Don't serve food family style. Keep food on the stove or counter top, not on the table.
- Clear table after eating. Pack up the leftovers.
- Share a meal with someone else.
- Ask family and friends not to give food as a gift or reward and to support your weight loss efforts.
- Learn to say "no" gracefully.

Sight, smell or being near food stimulates overeating.

- Before eating anything, ask if really want it.
- Drink at least one glass of water before eating.
- Set up a time schedule for meals and snacks.
- Watch TV, reading a book or get some activity instead of binge or mindless eating.
- Keep lower-calorie foods (fruits, vegetables) for snacks. Make them visible.
- Keep on hand only foods that require preparation.
- Keep all food in the kitchen.
- Avoid purchasing foods that are tempting.
- Store high-calorie, tempting foods out of site.
- Do not eat unless hungry.
- Arrange home activities so that the kitchen (or wherever food is available) is entered less often.
- Limit all eating to one room in the house.
- Leave the room when food commercials come on.
- Avoid driving past places that sell food.
- Go to restaurants only when you have the self-control to stay on a meal plan.
- Cook with a toothpick in your mouth.

Eats while doing passive activities (watching TV, on computer, reading)

- Before eating anything, ask if really want it.
- Set up a time schedule for meals and snacks.
- Substitute lower-calorie foods or drinks for higher-calorie favorites. Find a satisfying substitute.
- Drink at least one glass of water before eating.
- Keep lower-calorie foods (fruits, vegetables) for snacks. Make them visible.
- Store high-calorie, tempting foods out of site.
- Do not eat unless hungry.
- Limit all eating to one room in the house.
- Do not do other activities while eating.