



Sensible Eating Suggestions

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Summer is almost here! Sun- Fun- and BATHING SUITS!

If you have a few extra winter pounds to lose, don't get caught up in the fad diet game. Instead, examine your food and exercise habits. Think lifestyle change. Not temporary change.

Here are a few tips to get you started:

- ❶ **Eat 3 three meals every day.** When you skip meals, the chance of over indulgence from snacks is greatly increased.
- ❷ **Eat slowly.** It takes twenty minutes for the stomach to tell the brain it's full. If you have eaten an entire meal in 10 minutes, you may have overeaten. To help slow down your meals, try putting your fork down between bites.
- ❸ **Make eating your only activity.** Try to avoid eating while reading or watching TV. If you watch TV or engage in some other activity while eating, you may overeat because you aren't paying attention to how full you are.
- ❹ **Keep a food record.** Write down the amount of food eaten, when and where you eat, your activity while eating and your mood. After a week or two, examine your records for any pattern or bad habits.
- ❺ **Try to eat smaller portions.** Smaller portions will reduce your overall calorie intake. However, portions may look small on a large dinner plate. Fool your psyche - make portions look bigger by placing your food on a small plate.
- ❻ **Break the habit of nibbling while cooking.** When cooking, do you have a bite of this or a pinch of that? Bites and pinches have calories too and those calories can add up. There is a simple solution- reduce nibbling, reduce extra calories.
- ❼ **Shop for groceries when you are full, not when hungry.** If you grocery shop when you are hungry, you may make unhealthy food choices. To reduce temptations, have a grocery list prepared and stick to it.
- ❽ **Drink glass of water prior to a meal.** This temporarily reduces hunger and makes it easier to eat slowly.
- ❾ **Get Moving!** Aim for some type of physical activity each day. Walking is a great exercise to burn off extra calories.
- ❿ **Enlist the help of others.** Froedtert and The Medical College offer a class to help you make lifestyle changes. The **CHANGE Program** is starting up in early May. See the attached flyer for more information.



CHANGE

This eight-week medically supervised wellness program can help you achieve permanent lifestyle changes to enhance your health and wellbeing. With the guidance of Froedtert Hospital's Registered Dietitian and Exercise Physiologist, **C.H.A.N.G.E.** will provide you with:

- **Personalized nutrition and exercise assessments**
- **Ongoing nutrition and exercise goals**
- **Eight-week exercise pass to the Wisconsin Athletic Club**
- **Up-to-date weekly nutrition and exercise topics**
- **Weekly supervised exercise classes**
- **Group support**
- **On-going follow-up maintenance**

Join the CHANGE staff at the next orientation meeting to find out about the program on Wednesday, April 17, 2002 at 7:00 PM in the Multi-purpose room at the Wisconsin Athletic Club, 8700 W. Watertown Plank Road, Wauwatosa. Hope to see you there!

What is the fee?

The program cost is \$175 (\$160 for Froedtert and Medical College employees), \$125 for Wisconsin Athletic Club members.

Full payment must be made at the first appointment.

For further information, please contact the C.H.A.N.G.E. Office at 414-805-5153. Upon enrollment, you will receive a mailed packet of information, which will include a program description, schedule of events, medical history questionnaire, a Physician Consent Form, and a three-day food log.

Enrollment deadline: Friday, April 26, 2002

