

# 5 tips to prevent MINDLESS EATING

offered by Jaye Leopold, diabetes clinical nurse specialist at Advocate Good Samaritan Hospital in Downers Grove, Ill.

## Hunger Check

Ask yourself if you are really hungry or just bored, tired, stressed or thirsty.

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## Refocus

Take a walk, lift hand weights, or lie down for a power nap to refocus your attention.

## Drink Water

It's easy to confuse thirst with hunger. Drink sparkling water or add lemon to spruce it up.

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## Prepare Snacks

Keep a supply of nutritious snacks such as baby carrots, celery sticks and raw broccoli on hand.



## Find a Hobby

Search for something else to do to keep your hands busy during your "weak moments."

05



## Slow Down for Healthy Eating



Breakfast. A second cup of coffee. A mid-morning snack. Lunch. An afternoon snack. An after-work snack with a glass of wine. Dinner. Dessert.

Dr. Parimal Sura, an internal medicine physician at Advocate Christ Medical Center in Oak Lawn, IL says many people underestimate how calories add up over the course of a day. He recommends paying attention to what and how much food you're eating as the best way to manage calories.

Dr. Sura offers these tips for being mindful about how much you're eating:

**Sit down while eating.** Focus on what you are doing and avoid multitasking, whether it's watching television, catching up on work or talking on the phone.

**Chew intentionally.** Make sure you are chewing each bite well enough to the point that you are not struggling to swallow, which is an indication you are moving too quickly.

**Breathe between bites.** Instead of "inhaling" your food, take your time and give yourself breaks while you are eating.

"These are all often easier said than done, but the best tip is to just practice being mindful," says Dr. Sura.

*Prayer: God, slow me down so that I can fully enjoy the blessing of food that you provide.*