



Starting your Diet off Right: Other Diet Tips

- Plan your diet and what you are going to eat ahead of time. Consult with CCNS about possible meal plans for the week. Rushing around and not having an organized meal plan for the day is the quickest way to grabbing a candy bar and soft drink instead of a quality meal.
- Don't Shop when you are Hungry. This may seem pretty obvious but it is easy to catch yourself buying things you wouldn't normally buy just because you are hungry and craving quick carbohydrates. (aka Sugars). Preparing a shopping list is also a good idea.
- Have High calorie food out of sight and in sealed containers, and keep low calorie, nutrient dense food readily available.
- Don't use serving bowls at the dinner table. This makes it easy to just scoop extra calories onto your plate when you may not even be hungry. If you are still hungry enough to get up and either get or make more food, then maybe it should be considered.

- Eat Slowly. It actually takes 20 minutes for your stomach to accurately communicate with the brain that it is actually full. Take your time and enjoy the food that you are eating. Try eating with someone, because conversation can slow down the eating process.
- Eat at designated times. Try to have a schedule to eat your meals by. Designate 3 meals and maximum 2 snacks throughout your day. Don't eat during other times of the day. Your body actually has a bio-rhythm, a pattern in which the body's processes and metabolism follow throughout the day. It is important during the first few weeks to eat at the same time each day, to help establish proper and consistent hormone levels throughout the day.

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