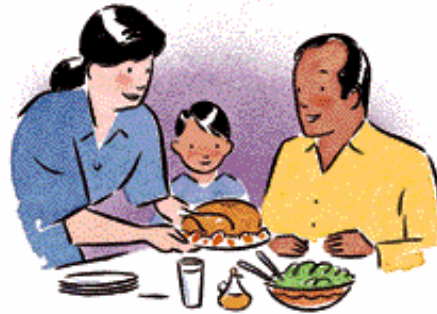


Eat Slower

Eat slower – Feel fuller!

Taking your time eating your meal may have a significant effect on triggering feelings of fullness, without having to fill up on more food, hence more weight gain.

One of the reasons why the French have had a history of lower obesity rates compared to North Americans may be the time they typically spend eating a meal. Not only do the French eat smaller portions, but they also spend more time enjoying their meals compared to North Americans.



A few tricks to try for eating less and eating more slowly include:

- Setting your fork down in between bites
- Having a drink of water after each bite
- Chewing your food thoroughly before swallowing
- Using smaller plates (about 9-inches in diameter)
- Not necessarily finishing everything on your plate

Overeating and eating too quickly are very big issues with today's society become more and more obese, not to mention the increasing lack of physical activity. Eating less food, more slowly, and increasing physical activity are all significant factors in helping one lose weight.