

BEHAVIOR MODIFICATION TECHNIQUES

1. Keep a record of everything you eat (food diary).
2. Use smaller plates/bowls to make a meal appear larger and take smaller portions.
3. Slow Down. Allow at least 20 minutes to eat.
4. Concentrate on taste and texture of food.
5. Do not eat standing up.
6. Do not watch television or do any other activity while eating—make eating an event in itself.
7. Eat at the table with a special place setting, even if you are alone. Never eat “all over the house.”
8. Avoid buffets.
9. Brush your teeth after meals/snacks.
10. Plan an activity to do after dinner instead of eating if this is your usual snack time.
11. If possible, take a walk after supper.
12. Keep leftovers in an opaque, labeled container so you won't see it when opening the refrigerator.
13. Keep raw vegetables on hand for snacks.
14. Develop a hobby instead of eating while watching television.
15. Plan menus at least one day in advance.
16. Never shop for food on an empty stomach. Always take a list from a pre-planned menu.
17. Treat yourself to a non-food related reward for not overeating and/or weight loss.
18. Try not to think of your eating plan as a diet. You are developing new eating behaviors, which will assist in weight loss as well as improved health.

