



Use small vessels.

Buy smaller plates, bowls, and glasses. You're more likely to eat less without even thinking about it!



Make food look bigger.

- Add more veggies.
- Whip a smoothie to twice the volume.

Buy smaller packages.

- Consume fewer calories.
- Help the environment.

Eat Early.

- Plan the biggest meal of the day during the first half of your day.



Give yourself a daily reminder.

- The bathroom scale can be a simple yet powerful reminder not to overeat.

Serve and Store.

Learn to recognize when you have enough on your plate to fill your stomach 80 percent.

mindful eating

Here are a few tips you can try at home:

- 1 Always try to sit down at a table to eat.
- 2 Before you sit, clear any clutter that may be on the table.
- 3 Set a place for yourself, even if you are eating alone.
- 4 Use tableware and utensils that appeal to you.
- 5 Take a moment to adjust the lighting so it feels pleasant to you.
- 6 Consider playing some soft, relaxing music while you eat.
- 7 Try to minimize multitasking while eating.

Make snacking a hassle.

- Avoid tempting foods.
- Put candy bowls, cookie jars, and other temptations out of sight.