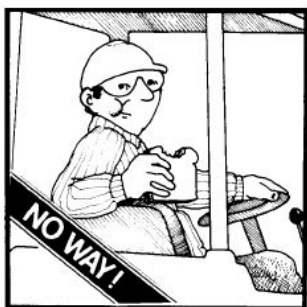


Tips and Tricks for EATING SLOWLY



Eating too quickly can cause you to feel nausea, vomit, or just plain uncomfortable. It can also allow you to take just 1 bite too many which might cause symptoms of dumping syndrome if you have had the gastric bypass surgery (dumping = food emptying too quickly out of your pouch). However, learning how to eat slowly is hard to do! It takes lots of practice to slow down your pace of eating. Try some of the following tips to help train your brain to eat slowly.

1. SIT DOWN for all meals and snacks
2. Keep serving bowls and platters off of the kitchen table
3. USE UTENSILS (don't choose foods that you can easily eat with your fingers)
4. Put utensils (fork/spoon) down between bites
5. Use small plates (<10 inches in diameter) and small baby utensils or cocktail forks to keep you taking small bites
6. Cut dense foods into small pieces – fingernail or dime sized
7. Count your chews per bite – aim for 25 chews per bite of dense food items
8. Try the 'half plate strategy' - divide the food on your plate into two halves and notice the time and eat ½ of the food then think about if you are satisfied before finishing the other half
9. Use your non-dominant hand to eat (if you are right handed, use your left hand!)
10. Try using chopsticks to eat (clumsy/awkward eating slows you down)



11. Strive to be the last one at the table to finish eating
12. Avoid eating while driving
13. Control your eating environment by removing distractions like the TV and computer
14. Set the mood by playing mellow music, create a dinnertime playlist (make your meal last 3 songs), dimming the lights, & lighting candles
15. Remember to focus on enjoying the few bites that you can eat and enjoy the taste and flavor
16. Try MyDietDinnerware (<http://www.mydietdinnerware.com/>) an electronic fork and spoon that uses red and green lights to help you slow down eating!