

Week Four

How to avoid overeating



In a world filled with tempting treats and endless food options, maintaining portion control and avoiding overeating can be a challenge. Whether it's a social gathering, a stressful day at work, or simply boredom, the urge to indulge can often lead to consuming more than we intended.

With a few simple strategies and mindful practices, you can take control of your eating habits and enjoy your favourite foods without going overboard.

Let's explore 10 practical tips to help you avoid overeating and embrace a healthier relationship with food.

1. Listen to Your Body:

Pay attention to your body's hunger and fullness cues. Eat when you're hungry and stop when you're satisfied, rather than finishing everything on your plate out of habit.

2. Slow Down:

Savour each bite and chew your food slowly. Eating too quickly can lead to overeating, as it takes time for your body to register feelings of fullness.

3. Portion Control:

Use smaller plates and bowls to control portion sizes. This visual trick can help you feel satisfied with less food.

4. Plan Ahead:

Before attending social events or dining out, review the menu and decide what you'll order in advance. This can prevent impulsive choices and overindulgence.

5. Practice Mindful Eating:

Focus on the sensory experience of eating, including the taste, texture, and aroma of your food. Avoid distractions like screens or multitasking, and tune in to your body's signals.

6. Stay Hydrated:

Drink plenty of water throughout the day, as thirst can sometimes be mistaken for hunger. Aim to have a glass of water before meals to help curb appetite.

7. Fill Up on Fibre:

Incorporate fibre-rich foods like fruits, vegetables, whole grains, and legumes into your meals. These foods are not only nutritious but also help you feel fuller for longer periods.

8. Be Mindful of Emotional Eating:

Pay attention to your emotions and how they influence your eating habits. Find alternative ways to cope with stress, boredom, or sadness that don't involve food.

9. Practice Portion Awareness:

Estimate portion sizes and be mindful of serving sizes recommended on food labels. Avoid mindlessly snacking straight from the package, as it can be easy to lose track of how much you've eaten.

10. Allow Yourself Treats in Moderation:

Depriving yourself of your favourite foods can lead to cravings and eventual overindulgence. Instead, enjoy treats in moderation and savour each bite guilt-free.