

DAY 16

STAYING COGNIZANT OF YOUR EATING



WEEK 3

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Even if you learn to recognize and control your emotional reasons for overeating, some of you might overeat for another reason, and it's because of the most simplistic reason you can imagine:

You'll overeat because you're used to overeating.

Now think about this. How many of you in the past two weeks have sat down to eat a meal straight from your daily Eating Guide and ended up eating far more than you'd intended to? You knew the exact portions that I wanted you to eat (your protein should be the size of your hand, your starchy carb should be about the size of your fist, and your fibrous vegetable should be able to fit into a small cereal bowl), but when you got through those portions, you kept eating.

Why did you do that? It's merely because you're just accustomed to overeating, which is not surprising considering you have grown up in a culture that throws food at you. We start eating and keep eating, not really giving a second thought to the fact that we are eating twice as much as we need to.



STRATEGIES TO KEEP YOU COGNIZANT

The way to start breaking the overeating habit is to follow one rule: Never let your mind wander during meals. That's what I had to learn to do, and it helped immeasurably. I had to concentrate on what I was doing and focus on eating only the food I was supposed to eat. I firmly believe that if you can just become aware of what your eating behavior is and if you can keep your mind alert so it will send out warning signals the moment you start going overboard, then you'll break your overeating habits.

But how do you do that? How do you make sure you stay focused and only eat the amount of food you're supposed to eat at that meal?

Try the following strategies:

- 1 Put your fork down between each bite.** Allow a full 30 seconds to elapse between bites.
- 2 Never eat while standing up.** Many weight-loss experts say that if you're standing, you're not paying attention. If you're not paying attention to your eating, you're not in control.
- 3 Don't watch television or read a book or newspaper while eating.** Stay focused on your meal.
- 4 When sitting down to a meal, don't leave serving bowls on the table.** That way, you will have greater resistance to having seconds. Before you sit down for your meal, place all of your leftovers in storage containers and put them in the refrigerator.
- 5 Leave the table as soon as you have finished eating.**
- 6 Put your watch or a clock in front of you and let 20 minutes elapse before you make a decision about whether to eat more.** Don't forget the rule that I told you about earlier – that it takes 20 minutes for your brain to realize your body is full.

YOUR DAY 16 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Mix ½ cup of oats and one scoop of protein powder with 1 cup of yogurt.
LUNCH	Meal replacement drink.
SNACK	Eat at a Chinese restaurant. Try steamed shrimp, vegetables and rice with garlic sauce on the side.
DINNER	A chicken breast and baked potato with a fibrous veggie.
SNACK	Try the Taco Casserole from the Cooking Guide.

YOUR DAY 16 WORKOUT

1. Ten 60-Second Workouts. Do four upper-body workouts, four lower-body workouts and two stretches.
2. For extra credit, do the interval walk we talked about last week.

EVENING PEP TALK

I hope before you go to bed tonight, you read these techniques again on staying focused during a meal. Perhaps right now, while you are still supercharged to do well on the program, you think you won't need them. But in the future, if you ever feel yourself slipping, these little tricks will be very important in keeping you focused and, most important, keeping you in control.



Slimdown Tip:

Using Artificial Sweeteners

There was a report released that said aspartame, the ingredient in artificial sweeteners, could lead to brain cancer. Although the report scared everyone, it has since been thoroughly disproven as having no scientific basis. Meanwhile, there have been numerous studies conducted on aspartame, and one study in particular was conducted based on a human using 50 times more aspartame than anyone would ever consume. It was abundantly clear that aspartame was not as bad as critics suggested. If you want to avoid artificial sweeteners, that's fine with me. Be sure to use aspartame in diet sodas, puddings, desserts, coffee or tea, in moderation. However, if you feel uncomfortable using artificial sweeteners, just cut down on the sugar or honey as a sweetener, and you should be just fine.