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Looking Ahead: Tips to Curb Overeating

Overeating, which is especially commonplace during the holi-days, is something people encounter all year long. Heading into the New Year, many of us will be looking for ways to end that cycle of overeating.

The Harvard T.H. Chan School of Medicine *Nutrition Update* offers the following strategies to help prevent overeating.

Look at Your Food

Pay attention to the food you're about to put in your mouth. Stop everything else you're doing, and when you're eating, just eat.



Enjoy the food and the eating experience. This is a moment for you to relax and recharge.

Research shows that removing visual information about how much you've eaten during a meal increased the amount of food eaten. Eating attentively can influence food intake, and is one of the simplest approaches one can take to prevent overeating.

Remember: We eat with our eyes, too.

Beware the Sugar and Salt

Sugar and salt are taste bud tantalizers, and as such, it's easy to overeat sweet and salty food products – which are often highly processed. As you cut down on highly processed foods, your pal-ate will adjust so that over time, you're satisfied with far lower amounts of sugar and salt.

- If you really want a sweet treat, take a small piece of your favor-ite and eat slowly, savoring every bite.
- For savory snacks, opt for lower-sodium options like lightly roasted, unsalted nuts – try roasting them with herbs for a delicious flavor boost — or dip raw veggies in hummus, bean dips or guacamole. Make these at home to have more control of the salt factor.

Change Your Response

“Eat when you’re truly hungry” sounds like common sense, but the truth is that many people eat for reasons other than hunger – including when bored, anxious, stressed or angry. Let meal time be a way to honor real hunger, not a way to soothe your feelings.

For food-free ways to handle emotional ups and downs, consider going for a walk, meditating, talking to a friend, writing in a journal or listening to music.



December ALTRUM NEWS Tips to Stay Healthy During the Holidays

It’s hard to keep your healthy plans intact during the holiday season of parties and sugary treats. This issue of *ALTRUM News* provides some tips to help you stay on track from Richard Stein, professor of medicine and cardiology at the New York University School of Medicine in New York City and a spokesman for the American Heart Association.

Natural Supplements for Your Health*



* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

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