

Situational Eating Responses

You know certain situations, foods and emotions are red lights for you, warning you that danger lies ahead. Examine your past behaviors and attitudes toward food. Do you want to eat every time you watch TV, talk on the phone, or walk into the kitchen? It is possible that your old behaviors were linked behaviors – that is, you linked eating to another behavior. It took time to develop that link and it is going to take some work to make sure that the destructive link does not return.

In The Kitchen

When you have to be in the kitchen at meal time, make sure that tempting snacks are out of sight. Remember... OUT OF SIGHT, OUT OF MIND, OUT OF MOUTH! Don't make it easy for yourself to grab potato chips, pretzels, etc... while you are cooking dinner. If it's time for a snack, measure out an ounce of pretzels, sit down at the table and eat. Beware of the urges you feel while in the kitchen and put away tempting foods.

While you are cooking, beware of tasting as you cook. This can quickly add up to a full portion. And, of course, when dinner time comes you sit down with your family for yet another portion. And don't forget the commitment you made to eat only while you are sitting at a table with a measure portion of food.

The World Around You

There are sights, sounds, smells and seduction from food all around you. And it's so easy to give in to the constant temptations. The world is not going to change for you. It is you who needs to change your attitudes and beliefs about food. The only person who can take care of your needs is you! If you give in every time you see a hot fudge sundae, or hear an ad on the radio, or walk into a grocery store, bakery or restaurant, you will quickly discover that you are eating all the time.

The temptations will always be there. It is up to you to learn to use the word NO, when you are bombarded by temptations. Temptations, seductions – yes – they are everywhere. But you can handle them now because you are in control of yourself and in control of your environment.