

- FACT SHEET -

Behavioural Tips and Techniques for Strong Willpower
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Behavioural Tips and Techniques to keep your willpower strong (if you are trying to lose or control your weight!)

PLAN YOUR MEALS IN ADVANCE, up to a week ahead if you can, or at least a few days ahead. Always HAVE QUICK AND EASY MEALS AVAILABLE for the times you are tired, don't feel like cooking or don't have any time, otherwise you may end up eating 'anything and everything' at these times. You may like to consider having a 'cooking marathon' once a month, where you prepare soups, casseroles, spaghetti sauces, curries, stews, or any other meal that can be easily stored or frozen. The advantages are that you do one lot of shopping, have fresh ingredients, do one lot of dishes and have a ready supply of healthy food.

Know exactly what you need to buy when shopping, and aim to have available in your home a GOOD SUPPLY OF NUTRITIOUS, TASTY FOODS.

Try NOT TO HAVE READILY AVAILABLE those particular FOODS WHICH YOU FIND TOO TEMPTING. For example, if you love chocolate biscuits, and the rest of the family does too, then they are not a safe option! Keep instead, in the house, those snack foods which other family members like, but do not appeal to you too much, perhaps you do not like ginger nut biscuits or corn chips! Anyway, it would be better for the whole family to have less of these foods around!

Buy and prepare the FINEST QUALITY FOODS, low in fat of course! This helps you develop a positive relationship with food, and PREVENTS THE FEELINGS OF DEPRIVATION, that can lead you right towards that chocolate, ice cream or short bread biscuit. Try spoiling yourself with a mango, oysters or berries, instead.

Make your MEALS PLEASING, and feature a VARIETY of foods. Do not plan to eat tuna, cottage cheese or chicken breasts seven nights in row. No one in their right mind can stick to that sort of an eating plan.

Wait until you are truly hungry before you eat and stop eating before you are 'overful'.

Eat slowly and enjoy every mouthful as if it were your last. Because it takes 20 minutes for the stomach to register to the brain that it is full, if you eat quickly, you will overeat before you know it!

When you eat, only eat. Try to not 'dilute' the eating experience with activities, like watching TV. This means you'll enjoy your food more, will be more in touch with how much you have actually eaten, and will be less likely to 'overeat'.

KEEP A FOOD DIARY. Most people underestimate how much they eat and eat too much, or overestimate and feel guilty. Writing down what you eat avoids either problem. In addition, keeping a 'food diary' also allows you to monitor your improvements with your food intake, and identify difficult eating situations more easily, so that they can be then managed.

Start writing down from now (if you haven't already done so), everything you eat and drink on food record charts or a 'food diary'. Remember to keep them in a place that will help you to remember to record your intake daily. Maybe leave it in your diary or stick it on your fridge.