- **Eat with others whenever possible.** Eating with other people has numerous social and emotional benefits and allows you to model healthy eating habits. Eating in front of the TV or computer often leads to mindless overeating.

- **Take time to chew your food and enjoy mealtimes.** Chew your food slowly, savoring every bite. We tend to rush through our meals, forgetting to actually taste the flavors and feel textures of our food. Reconnect with the joy of eating.

- **Listen to your body.** Ask yourself if you are really hungry, or have a glass of water to see if you are thirsty instead of hungry. During a meal stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.

- **Eat breakfast, and eat smaller meals throughout the day.** A healthy breakfast can jumpstart your metabolism, and eating small, healthy meals throughout the day (rather than the standard three large meals) keeps your energy up and your metabolism going.

- **Avoid eating at night.** Try to eat dinner earlier in the day and then fast for 14-16 hours until breakfast the next morning. Early studies suggest that this simple dietary adjustment—eating only when you're most active and giving your digestive system a long break each day—may help to regulate weight. After-dinner snacks tend to be high in fat and calories so are best avoided, anyway.

Source: www.helpguide.org

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